



love(self)

YOU ARE THE LOVE OF YOUR LIFE

RESOURCE GUIDE

BY JAKITA O. THOMAS, PH.D.



TABLE OF CONTENTS

ORIGIN STORY - MY (ONGOING) JOURNEY TO LOVE(SELF)

It's all about the journey. The destination is the reward, but the journey is where self love begins and grows. Learn about what pushed me to (finally) create this resource guide.

HOW TO USE THIS GUIDE

This section will help you navigate this resource guide more easily.

LOVE(SELF) RESOURCE GUIDE

Explore the actual resources I've leveraged along my love(self) journey.



I am Jakita Owensby Thomas, Ph.D. I am an educator, tech activist, and grant writer from Atlanta, GA. But more than that, I am a woman, human being, and a mother who has achieved a lot, but also overcome A LOT of pain, heartbreak and trauma. I am committed to continuing to be well, whole, centered, and grounded, and I protect that commitment with everything I have.

Most people don't know that I'm also interested in and love writing music and scripts, signing, painting, and watching movies with my family.

I'm determined to show up as the best version of myself because I want my children to understand that anything they put their minds and a plan to can be successfully achieved, but the most important goal is to always show up for yourself and to truly love(self).

Jakita O. Thomas

SECTION ONE



ORIGIN STORY

This resource guide focuses on the importance of loving yourself. It's a phrase that's thrown around a lot as the key to being your best self, and it is critical. When I go on social media and look at reels, videos, and information about self-love, everybody talks about how it's an essential component in finding love, being in relationships, being successful, or healing. Yet, very few people talk about how to actually do it or how to operationalize it.



I have been on a healing journey for the past 24 months or so, and part of that journey involved me slowing down quite a bit – slowing down the pace at which I live my life, slowing down all of the things that I take on, slowing down all the things that I put my energy toward and push forward on. This resource guide is too important not to push forward.

One of the things that I slowed down was my engagement in some of my businesses. I slowed those things down because I recognized that I was in a season where I really needed to pour into myself. I was incredibly burned out, run down, and overwhelmed. And it wasn't that I wasn't capable of doing all the things that needed to be done, but I had just been running at such a feverish pace, which was, mind you, slower than my pre-pandemic pace, but still a bit too fast for where I was and am in my life presently. I decided to slow the pace down so that I could make time and space for me to heal, to reflect, to grow. I'm so grateful that I did that because it's reaped so many benefits. So that was the first impetus: a recognition that I was worn out, tired, burned out, overwhelmed, and I needed to figure out how to pour into myself. In figuring out how to pour into myself, I figured out that I actually needed to heal and learn how to love myself, and that it would impact how I showed up as an entrepreneur, so I could be better.

I knew that taking that time would help me to show up as a stronger, wiser, more whole human being, which meant that I was going to show up as a better entrepreneur. So often we, as entrepreneurs, grind and grind and grind, and we just grind ourselves down to a nub. There's an episode of my podcast called “Death to Grind Culture” – big shout out to Rashida Creighton of JWC Foundation who has a conference that's called “Death to Grind Culture”. Essentially, she advocates for I knew that I had to figure out how to do entrepreneurship and life in a different way. I just couldn't keep grinding.



There are 3 major reasons why I decided to finally create this guide. The first one goes all the way back to 2017, when I lost my mother, Cora L. Owensby. During the time immediately after her passing, I was adrift. I knew what I was supposed to be doing. I had a job. I was a mom, a wife, and I knew what the schedule was. I knew when my classes were going to be held, when my office hours were supposed to be, when children had to be picked up from school, dropped off at school, and taken to after-school activities. I maintained the schedule, but I was untethered emotionally and mentally because I loved her so much. For her not to be physically here anymore disrupted me in a way that I am still grasping. The understanding of it shifted every single aspect of my life. It broke my heart, and I went into a very, very dark place. I still showed up for all of the things that I was supposed to show up for, but I was hurting. I was broken. I was grieving.

I was grieving not only the loss of her, but I was also grieving the loss of my dream job through no fault of my own, but really through envy and hatred and jealousy, and folks not wanting you to allow your light to shine bright (even though you have been called to shine your light) but wanting you to dim your light because they fear that your light shining outshines their light, even though it doesn't.

So I was grieving the recent loss of a job and a dream as well. This was my dream job. It was the job I went to get a Phd. for. I lost that job in 2016, and then, in 2017, my mother passed away. In the span of less than a year, I had just become untethered. I didn't seek the support and help that I should have. Not until the end of 2020. Once I did seek support through therapy, and grief counseling, I was able to come into acceptance around my mother's passing.



I felt peace for the first time in 3.5 years. At that point, in January of 2021, I registered for a meditation class at a local university to understand the science of meditation and be exposed to different types of meditation. That's when I was introduced to Ascension, and it shifted and transformed my life. It brought me peace in a way that I hadn't felt since before my mother passed away. Ascension created an avenue for me to start to become whole again. It filled in some of the holes. I started to notice and open up to seeing the pain, hurt, and suffering in other people at that time, as I was taking that class and beginning my own consistent meditative practice.

I'd always had aspects of that growing up. I could always sense and see emotions, pain, and hurt in people. Yet, I often chose to close it off because it took so much out of me emotionally to feel people's emotions and energy in that way. However, meditating allowed me to step back into being open to feeling those feelings again. I could just see in people how hurt everyone was. Even now, we're still all reeling from the pandemic. At this time, though, in early 2021, we were very much in the firm initial grip of the pandemic, and there was so much uncertainty moving forward. I could just feel the fear and the grief. It was palpable, and I realized that people were in so much pain and just wanted to experience love and acceptance, but, didn't really understand how. That was the first experience that propelled me to release this resource guide.



The second experience happened about 1 year ago. My eldest son, Pharaoh, who is a brilliant young man and very sensitive and in tune with his emotions, was having a conversation with me about loving oneself. I was telling him how important it was to love himself because I had been on a spiritual journey myself after separating from my husband in November of 2023 and subsequently filing for divorce in January of 2025, (which was the 3rd experience). I'd been on an intense personal and spiritual journey and awakening myself, and part of the inner work that I did was trying to unpack what allowed me to stay in a marriage that was not serving me, and that had not served me for the past at least 15 years. What was happening with me and my own self that would make me feel like I needed to stay in that situation? There was a period of time where I had convinced myself that I was staying for the kids. That's not an uncommon rationale. I reasoned that I was staying for my children to provide a two-parent stable home for them. But in November of 2023, I hit a wall, and I could not sustain it any longer, and I had to take the space because I was not healing. I was getting worse and more separated from myself, from who I really was, and it was clear to me that this marriage was not serving me in the ways that I needed. I recognized that, for the first time, I needed to choose me, and I really just needed to take some time to heal and to really unpack what was going on inside of me.

So, about 12 months through that journey, I was having a conversation with Pharaoh because I'd come into so many revelations about many of the things I'm going to share in this guide. In fact, this guide codifies or describes my journey to love(self). The thing I started to connect through this journey is that a lot of the reason why people were experiencing so much pain was because internal things were happening that were being exacerbated by external things. Chief among them is that people had separated from themselves. They weren't experiencing a deep, intimate relationship with themselves and truly loving themselves.



As a result, a lot of external things were taking people off their square. Additionally, I noticed that people were searching for love outside of themselves. I'd learned that the only way to truly experience love outside of yourself is to first love yourself.

So, returning to this conversation with Pharaoh, I was telling him how important it is to do things like have a meditative practice, taking care of your body, and loving yourself. And my son asked me such a profound question. He said, "I know that it's important to love myself. **But how exactly do I do that?**" What do you do day-to-day to make sure that self-love is there and that you actually are loving yourself? How do you do that day to day? How do you operationalize loving yourself? At the time that Pharaoh posed that question, I was in the beginning stages of this phase of my healing journey, and I told him that I would let him know as I moved along.

His question was the real catalyst behind this guide because I started to recognize that a lot of young people especially, but also grown folk - 20 year olds, 30 year olds 40 year olds, 60, 70, 80 year olds - have lived entire their lives, and not truly understood how to love themselves.

Now there are lots of pathways to loving oneself. This free resource guide is one pathway through. It's my pathway through. I hope that this guide serves as a jumping off point into your exploration and your adventure toward loving self.

You should be the love of your life. You should love yourself such that your cup is full, and the overflow of love of self falls fresh on everyone you love and everyone you come into contact with. You cannot love people properly from an empty vessel. You **MUST** love yourself first.



To be clear, loving self is not the same as self-care. Self-care is a component of self-love, but they are not interchangeable. They're not the same thing. My hope is that this resource guide can help you begin the journey of operationalizing self-love. I will share with you all of the books, tools, mentors, and resources that I have gained and leveraged. It is important to me that this resource guide is free because I think that self-love and understanding how to operationalize it are so important.

You've likely heard a million and one dating coaches talk to you about how to find love with another person (my personal favorites are [datingcoachanwar](#) and [tisiavs](#) on Instagram). Yet you can't apply any of the things that they're telling you to without first understanding and actively loving yourself.

I am incredibly excited for you, for the journey that you're about to embark upon. It will transform your life, and your relationships will never be the same. They will only be more loving, more fulfilling, and more fruitful. Your relationship with yourself is the foundation of it all. I'm ecstatic and excited for you.

If you would like some additional support in making your way through this guide, please reach out to me. I'm happy to answer questions and help.

Be blessed and be whole,

Jakita O. Thomas, Ph.D.

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SECTION TWO



GENERAL OVERVIEW

This guide is divided into 7 main sections. Each section focuses on a different aspect of love(self). The 7 sections are:

- Therapy
- Meditation
- Healing Your Inner Child (Shadow Work)
- Rituals that allow you to love yourself
- Affirmations
- Journaling
- Getting Clear About What You Really Need

Within each section is a brief overview of that section as well as specific resources that I have used or am currently using as a part of my on-going self love practices. love(self) is a lifestyle, ya'll!

These sections are organized in the order that I moved through them. However, as I mentioned earlier, there is no one correct path, so you can use this guide like a reference manual and focus only on the sections you want to or need to. You can complete the sections in the order that they are laid out in this resource guide. You can go in a completely different order. The point is not that you do exactly what I did. Instead, the point is that you identify, plan, and enact a path that's going to lead you to love(self).

Before we get into the resources, let's first distinguish self-love from self-care, because oftentimes, those two things are used interchangeably, but they're actually very different things, both in terms of what they are and also in terms of how they show up in your life, how you operationalize them. They are connected though self-care is required for self-love. It's a part of loving yourself, but it is not the same thing as loving yourself. Self-care is not the same thing. It's not a synonym for self-love or for loving yourself.





So what is self-care? Self-care is a set of rituals, actions, and or activities that one engages in to take care of their bodies. And when I say body, I mean the entire encompassing body, the physical body, the mental body, the spiritual body, and the emotional body. In terms of the physical body, that can be things like good nutrition, eating well, lots of fruits and vegetables, not a lot of overly processed foods, and not a lot of sugar. It can look like eating whole foods and foods that nourish your body. For the physical body, it can also look like exercise. It might be running, lifting weights, playing tennis, swimming, whatever physical activity that you enjoy engaging in. That's a part of self-care for the physical body.

It also includes hygiene. Basic hygiene is a part of self-care. Bathing properly, clipping your toenails and fingernails, brushing your teeth, washing your face, having a good skincare regimen- that's a part of caring for the physical body. Another form of self-care for the physical body could involve doing things like getting massages, manicures, and pedicures. So it's not basic hygiene; it's a step further than that in terms of caring for yourself. It could involve getting your eyebrows done or your hair done. That's also a part of self-care for the physical body.

Self-care for the mental body could involve things like meditation. I've already discussed the impact of Ascension on my mental well-being and how it has really transformed me and my life in terms of my mental well-being and health. It could be things like prayer, devotion, and other things that you do to really "get your mind right". It could be listening to certain music, it could be therapy. There are lots of ways that we can take care of the mind body.



And then there is the spiritual body. Again, prayer and meditation also fall into this category as well. Any practices that you engage in that connect you to nature, to the world, and realms that are larger than this physical earth. So it may be your Christianity and faith or reading the Bible, or if you're Muslim, the Quran, or if you're Jewish, the Torah, or whatever your spiritual practices are, those would be considered self-care for the spirit body.

For the emotional body, this would involve doing things that you love, things that actually bring you joy. Big shout out to Mari Newport and Kanika Bell of [Add Joy](#), who have an entire podcast and programming around how to create joy in your life and actually how to bank joy so that when you're in times of strife and struggle, you can tap into the reserves of joy that you've built up to help sustain you during tough times. For me, singing is one of those acts of self-care that I like to do. Writing music, playing instruments, dancing, playing with my children, sewing, reading, being next to bodies of water, and resting and relaxing are all things that help to keep my emotional body healthy and emotional. Spiritual, mental, physical, and emotional are all very connected to each other. So an act of self-care might serve multiple bodies.

So what is self-love, or what does it mean to love(self)? Loving oneself involves a few things. One of the first things is acceptance of who you are and where you are on your life's journey. It doesn't mean that you are complacent, but it does mean that you accept yourself completely for who you are. In order to accept yourself, you have to know yourself. You have to actually know who you are. Many of us are cosplaying our lives. We are engaging in activities, things, even careers and marriages. We're there because we think that is what is expected of us, and not necessarily because that is what aligns with our values and who we are, or even what we really want. You have to know yourself. You have to know who you are, what you value, what's important to you, and what matters to you.



Once you know yourself, then you have to accept yourself. And that means accepting who you are, accepting what matters to you, and accepting what's important to you. Once you've come to accept who you are, accept what's important to you, what matters to you, accept and embrace your values, then you can get into loving yourself and really understanding that because I accept who I am, because I approve of who I am. I love who I am, and I accept who I am right here, right now. Big shout out to Akua Taylor, whose song "Approve" has been an amazing part of my journey (check that song out on the playlist, which you can access in the resource guide). You can see how self-care can fit into the journey towards self-love, but they're not the same thing.



SECTION THREE

RESOURCE GUIDE

Therapy.

I have a therapist and a psychiatrist. I have ADHD on top of all of that, but my anxiety and PTSD were amplifying my ADHD and making it difficult to cope. I was prescribed medicine for my anxiety, and it has been a game changer for me to make me feel like myself again.

Source(s):

Therapy for Black Girls - <https://therapyforblackgirls.com/> - an amazing resource to find Black mental health professionals. I found both my therapist and psychiatrist using TBG.



Meditation

I've had a robust, consistent meditative practice for the past 4 years. In January 2021, I took a class on meditation because I was interested in learning different forms of meditation as well as the science behind meditation and its impact on the body. During the course, which ran from January through May 2021, I learned many different forms of meditation (e.g., Hoffman breathing, body scanning, etc.), but the meditative practice that really spoke to me was Ascension. Ascension opened the gateway to healing for me because it grounded not only connected to my faith, but it also allowed me to pay attention to my energy and the way it moved as I ascended. It completely transformed my life, and I still practice ascension to this day. I've also added listening to frequencies, particularly gamma and theta frequencies, as a part of my meditative practice, and I've developed rituals that create a safe atmosphere and environment for my meditative practice (e.g., lighting a white candle, saying a prayer before meditation, etc.).

Source(s):

Calm - The Calm app is an amazing resource that focuses on all things calming. There are meditations to help you focus and relax, stories to help you sleep, even coordinate readings to help you zen out. There are also daily stretches, plans, and all sorts of wonderful resources to help you achieve and maintain calm.

Dr. T's Guided Mediations - I have created a set of guided meditations that I use to rest my mind, reset, and embrace and embody calmness. Access my guided mediations at:

https://drive.google.com/drive/folders/1qZDc3lSm_-OsRpT5YRu1c0Rj_vetLd-V?usp=sharing



Meditation – Ascension

Ascension is my meditative practice of choice. I have been ascending for the past 4 years, and it has been a critical and transformative facet of my healing and growing journey. This video provides a wonderful introduction to Ascension called “A Mindful Choice” - <https://www.thebrightpath.com/en/a-mindful-choice/>

- I’ve also added frequencies to my meditative ascension practice. They further calm my nervous system and allow me to align (audibly) to safety, peace, calm, and wholeness. Three of my favorites are:
 - **Theta waves** - <https://youtu.be/BWYyGMuZSgc?feature=shared>
 - **Gamma waves** - <https://youtu.be/EVPLIZotdrg?feature=shared>
 - **Chakra balance** - <https://drive.google.com/file/d/1LQC4wp>

Important tips for developing a meditative practice

1. **Start off small.** If you’ve never engaged in meditation before, it takes time to build that muscle. You won’t be able to meditate for an hour your first time out. You will get distracted. You will find it hard to relax and clear your mind. Utilize the calm app and the guided meditations initially, and build up from there. Anything you work at will improve with time and consistency. Give yourself grace.
2. **Do not let perfection be the enemy of progress.** There is no one “right way” to meditate. Do what works for you. Over time, you will identify particular practices that align with your personality, lifestyle, and needs. Curate a meditative routine that’s bespoke for you. It doesn’t have to be perfect, but it does need to serve you. Consistency is key - not perfection.
3. **This is a marathon, not a sprint.** Once you start a meditative practice, it is highly likely that you will have one for the rest of your life. Focus on your progress, not someone else’s, and take your time.



Healing Your Inner Child

I went back and read all of my old journals, and I noticed a pattern across all of my romantic relationships in terms of how they started, what happened during, and how they ended. I've journaled my whole life, so I had journals from freshman year of college on through. Once I saw the pattern, I knew there was something deeper in me that needed to be healed, so I started doing the work of identifying the trauma events, unpacking the triggers associated with those events, and loving on the little girl who was hurt as a result. That process is ongoing, and it has been truly transformative for me.

Source(s):

- How to Heal Your Inner Child and Let Go of What Hurts You: Freeing Myself of Negativity by Saira P. Khan - https://www.amazon.com/Heal-Your-Inner-Child-Hurts/dp/B0CJBJWFSK/ref=sr_1_1?crid=2PXJHO5XK2QYG&dib=eyJ2IjoiMSJ9.6uOcfQALO0OeoUfUVu3zJ.NyEspiPvtaN4bua-hdWP4HwN3r2A12aacDVj8sIqBr9XXtGUelTrrfT5GArRTA9jg.HTRnKwyQj00gjyb3idxkh8wmYltiV4cZjaxFJXDkgNM&dib_tag=se&keywords=saira+p.+khan&qid=1747762002&sprefix=saira+p.+khan%2Caps%2C274&sr=8-1
- Heal Inner Child Workbook: Recovery From Past Trauma by Saira P. Khan - https://www.amazon.com/Heal-Inner-Child-Workbook-Recovery/dp/B0CJDBLTP7/ref=pd_bxgy_d_sccl_1/143-8070232-1584620?pd_rd_w=q7Z2U&content-id=amzn1.sym.dcf559c6-d374-405e-a13e-133e852d81e1&pf_rd_p=dcf559c6-d374-405e-a13e-133e852d81e1&pf_rd_r=DXF8VVWPKEMPXS2B7YXK&pd_rd_wg=6PACN&pd_rd_r=8ae5c5a5-132b-4685-9ab1-7dd934160ac4&pd_rd_i=B0CJDBLTP7&psc=1



Creating Rituals For Loving On You and Pouring Into You

I use all types of modalities, including meditation (see above), music, movement, exercise, nutrition, and so on, to treat myself and my body like the amazing vessel and person that I am.

Source(s):

- **love(self) playlist (on Spotify)** - I am constantly adding to this playlist of songs that really speak to my spirit, heart, and soul. I love to put this playlist on shuffle when I'm doing things around the house and especially on days when I may not be feeling like the star I truly am. <https://open.spotify.com/playlist/5n2j5ZiEYs9ds9qlfym1Ys?si=l0SNUM5IQBqTHCkvrcnL-g>
- **Eating Below The Red Line** - I primarily follow this nutrition regimen. I love it because it allows me to learn how to prepare the foods I love in a healthier way. You don't have to follow this approach, but do find a way of nourishing your body that honors it as the beautiful temple that it is. - <https://www.theredlinechallenge.com/fun>
- **Nike Run Club app** - My primary exercise of choice is walking and jogging. I use the Nike Run Club app to track my walks and jogs - <https://www.nike.com/nrc-app>. Engage in whatever activity makes you feel good (e.g., dancing, hiking, swimming, yoga, and so on). Again, remember not to allow perfection to be the enemy of progress. Consistency is key.
- **Align Wellness Center** - I also see a chiropractor once a week. I live in Atlanta, so I go see Dr. Darnita Henry at Align Wellness - <https://www.drmmombaby.com/>. The atmosphere is incredibly peaceful and relaxing - my visits truly feel like a spa day! Dr. Henry also specializes in naturopathic medicine and nutrition. While her chiropractor services have to be done in person (meaning you need to live in Atlanta), her other services are offered online.



Affirmations

I have affirmations all over my bathroom, so every time I brush my teeth, shower, wash my hands, etc. I can speak life into myself. Once the mind is conquered, everything else falls into place. A really powerful one for me (especially when dealing with heartbreak or anxiety) is: “I release thoughts of those who do not prioritize me.” A few of my favorite affirmations are included in this resource guide. Feel free to print these pages out and hang them up in a place where you will see them often. I’ve also included some blank pages so that you can create your own affirmations or jot down affirmations you see that really resonate with you and add them to your daily practice.



**I release thoughts of those who do
not prioritize me**

**I walk boldly into the future with
faith and courage.**

**Never let your heart lead you to a
place your eyes haven't seen.**

**I am the woman who someone is
praying for.**

Always trust the process.

Love never misses its way home.

**It's not about the destination – it's
about the journey.**

**I accept 'good' into my life in
whatever manner it presents.**

Everything I create nourishes my
soul and calls in clarity, healing
and peace.

**My connection to a higher power
is my foundation.**

**My light draws the right love to
me.**

I believe that whatever I need to
know will be revealed to me, and
whatever I need comes to me in
divine right time and order.

You have the power to create.

**Your power is so strong that
whatever you believe comes true.**

**You create yourself, whatever you
believe about yourself.**

I am the light that cannot be
forgotten. I inspire, uplift, and
create deep connections. I release
those who cannot meet my
energy and align with love and
stability. I am forever
unforgettable.



Journaling

As described earlier, I have been journalizing since I was a young girl. Journaling helps me to not only get my emotions out, but it also helps me to organize my thoughts. When I was younger, I used to just write about what I was feeling. Now, I've learned to have a conversation in my journal, interrogating why I feel the way I feel. It's helped me to get down to the root of emotions, feelings, and issues so that I can name what the real root is and figure out whether it's work I need to do or if I need to have a vulnerable yet courageous conversation with someone. This helps me regulate my own emotions and calm my nervous system. I journal using google docs, but I also have a long history of journaling in paper journals. I love to go back through every so often and read my journals. It helps me to recognize how far I've come, celebrate the small and large wins and growth, and remember the journey along the way toward the destination.

Source(s):

- **Conversations With My Inner Self Shadow Cards** - These cards provide prompts that you can use for journaling. They help you to explore your inner shadow side (which we often try to hide from or conceal) but which is the key to acceptance, embracing yourself as a whole and complex individual, and love(self).

<https://open.spotify.com/playlist/5n2j5ZiEYs9ds9qlfym1Ys?si=l0SNUM5IQBqTHCkvrnL-g>



Getting Clear About What You Need To Give To Yourself

The breakthrough here came as I was doing shadow work, and I came across a card that said, “What is safety to you? Why is it important?”, and I realized that I had a general notion of safety, but I hadn’t broken down the components of it (like, specifically, what it looks like to me). Once I did that (like I made an actual table), I could use that not only to vet potential partners on whether they were showing up how I needed them to, but also as a way to be clear about how I needed to be showing up for myself.

I did a similar exercise for honesty, provision, protection, and safety. When I vetted my ex against those, he failed on EVERY category (like, I calculated his average - I’m an educator, so that works for me - LoL). I now understand why I was struggling so much in the marriage. I wasn’t getting what I needed. I also realized that I wasn’t giving what I needed to myself (e.g., keeping myself safe by doing many of the things already described above). I have shared this with some of my friends who are dating, and they have also found that it helped them stay calm and detached while dating because now, they can evaluate potential partners against their criteria and increase or decrease access and engagement accordingly.



Source(s):

I've included a link to the template and instructions that you can use to help you identify what really matters to you, why, and how you can begin to provide those things to and for yourself -

https://docs.google.com/document/d/1qGRVHiFoVV_c2HLabUdXfM2mUC8qhS6plXSA0EBJaE8/edit?usp=sharing

You can also access a sample completed template to use as a model or guide as you complete your template -

https://docs.google.com/document/d/1UcbVNZXFPhn1C_K2AiTUx5-Qf2Hq2WJKZ8bDsrJvTw/edit?usp=sharing

Please make a copy of the template for your own use.

REMEMBER, YOU ARE THE LOVE
OF YOUR LIFE. IT ALL BEGINS
FROM WITHIN.



Remember that the journey to love(self) is a marathon, not a sprint. It is also not a straight line, but instead more of a spiral. You may sometimes feel like you are taking three steps forward and one step back as you navigate toward love(self), but remember two things: First, the journey of 1,000 miles begins with one step; and 2) it's not about the destination – it's about the journey.

Savor the journey, and know that I'm here to assist when you need. Please do not hesitate to reach out via email, website, or social media.

NOTES

[illegible]



Invitation to Workshop: Getting Clear About What You Need To Give Yourself

Need some additional assistance with completing the Getting Clear
About What You Need To Give Yourself template?

Don't worry - I've got you!

Email me at startloveselfjourney@gmail.com or click the button below
to register!

[JOIN WORKSHOP](#)