

# SELF LOVE HANDBOOK

Self Love Journaling Questions, Affirmations, Yoni connection, and Action Steps to start loving and accepting the fuck out of yourself!

Baddie 13 Mindset



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Hello My Beautiful Baddie!

Welcome to your self love handbook! You should be so incredibly proud of yourself for embarking on this self love/ acceptance journey and taking the steps necessary to start bringing in the shifts you want to see in your life.

The relationship you have with yourself is by far the most important relationship you'll ever have and the longest (4Lifers). Learning to authentically love and accept every part of you is every woman's birthright. It's a life long journey full of inward spirals and inner discovery.

I have zero doubts that the shifts and realizations you get from this download will allow for you to reveal something amazing within yourself.

I can't wait to hear all about it<3

Χοχο

Here are some tips to enhance your experience.

1.Inform your hubby, friends, family, roommates, kids, etc that you would like to be left undisturbed until further notice.

2.Put your phone on, do not disturb!

3. Whip out your crystals.

4.Sage the room, your aura, and journaling space.

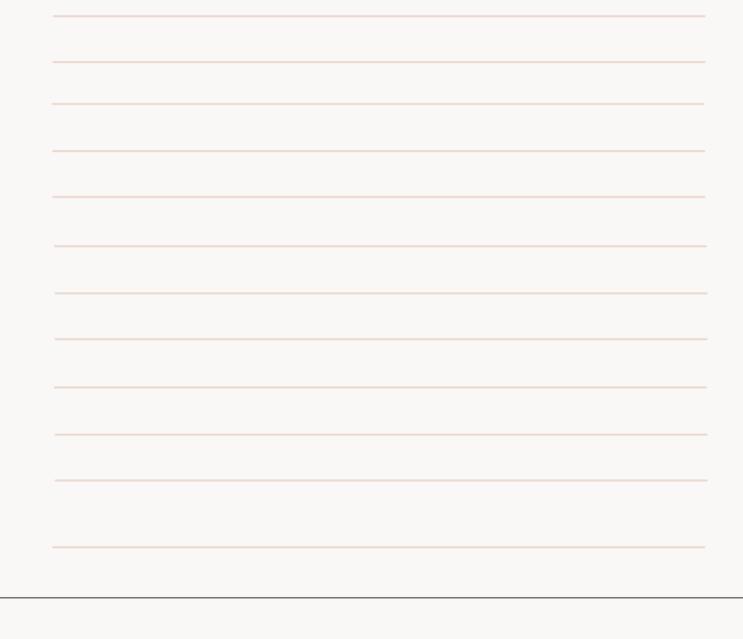
5. Place a pillow or cushion behind your back.

6. Have a warm cup of tea handy.

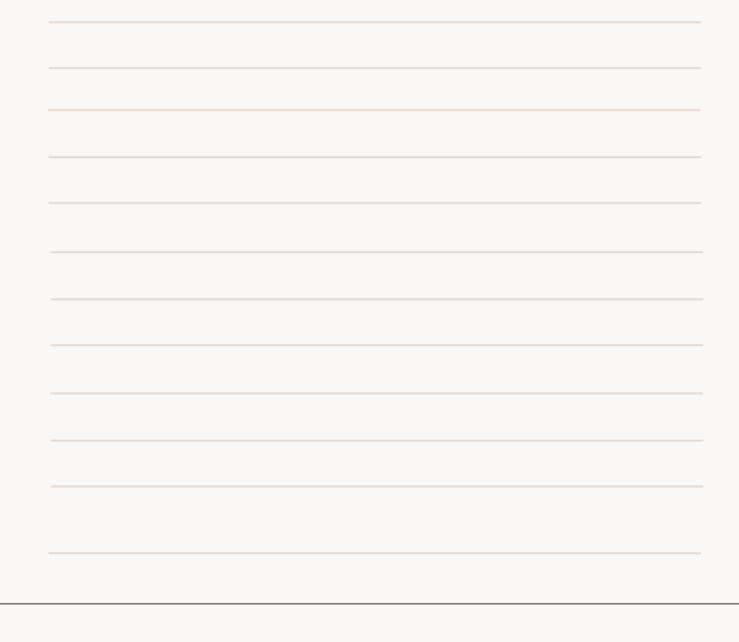
7.Pop in your earbuds, go to YouTube, search for binaural beats love frequency. There are also other frequencies like confidence, crystal clear intuition, healing, creativity, focus, manifestation, etc TUNE INTO whatever you need.

Alrighty Baddie, you got this.

1. How do you feel when you look at yourself in the mirror? List out all the emotions and sensations you feel in your body.



2. List all the reason WHY you feel the emotions listed above. Let it out.

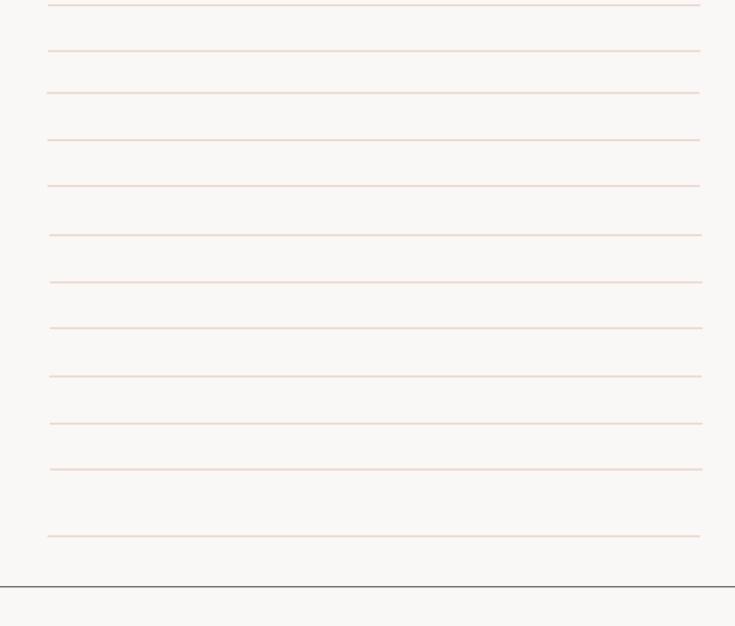


3. What is the definition of a beautiful woman to you?

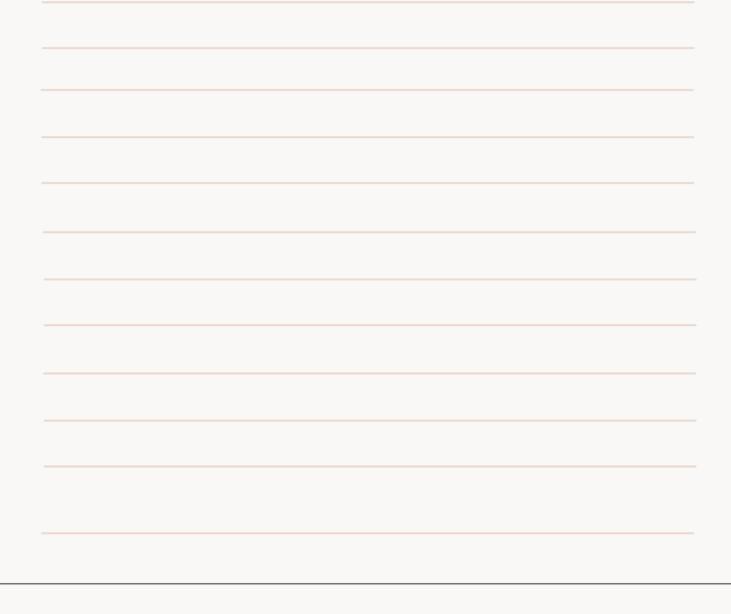
4. Listen, we all have insecurities at some level at various degrees but deep down at your core, when you tap into your soul you know your a bad ass. What is your soul/ higher self telling you? List 5-10 reasons why you are are beautiful, awesome, and badass.

5. What is something that is no longer serving you? What is something that you know you need to let go of but still haven't? Why haven't you let go of it? Just become aware of what you are fearing.

6. Ask yourself out loud: What is something I need to forgive myself for? Feel free to close your eyes and get quiet. Take your time.



7. How do you feel about social media? Is it affecting your mental and emotional health? If so, why? How can you set healthier boundaries for yourself?



8. Think of someone who you are low key jealous of. This can also be someone you compare yourself to. List all the reasons why they are awesome. How can you use this as *inspiration* to achieve the things you want? \*Ask yourself: How is this happening for me? What's the lesson here?\*

\*CHALLENGE: Message, DM, or comment on this persons photo letting them know how awesome they are!\* *What you put out, is what you attract.* 

9. How can you make time for yourself?

Examples: Since I am busy during the day, I can use my morning and night time to tune into my self-care rituals. OR During my menstrual cycle, I can use it as a time to do some inner-reflection. OR every Sunday, I am going to pamper myself and feed my brain good food.

Get creative.



10. Think of the old you. The one that made an ugly mistake. The you that you are not quit proud of. Hold this you in your mind. Whenever you are ready, write a short love letter to your younger/ past self.

(P.S. it's ok and beautiful to cry)

11. Make a list of all the things that make you feel sexy. Examples: wearing matching lingerie, going to bed naked, looking at my yoni, saying affirmations, spiritual self care shower/bath, throw away old underwear, purchase a body scrub, etc. Take action on ONE of the things that make you feel sexy.



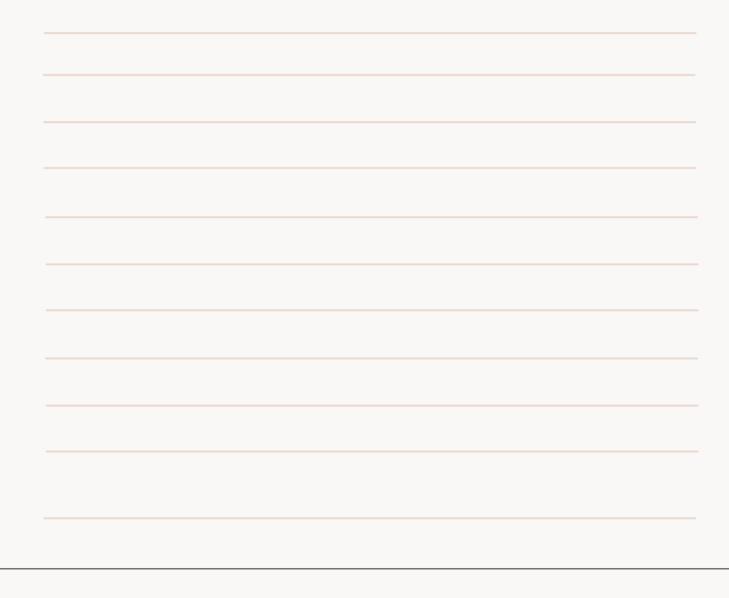
### Self Love Journaling Questions

In this section, we will unmask your innermost self

12. How can you tap into the frequency of love today? Examples:

- 1.1 can surprise my partner with flowers today.
- 2.1 can give a compliment today.
- 3.1 can send a thank you text to my family today.
- 4.1 can send my bestie Starbucks \$ today.
- 5.1 can cuddle with my dog/ child/ lover.
- 6.1 can tell my mom: *I love you* today.
- 7.1 can donate to a stranger/ charity today.

13. What is something you want to call in on? What is an intention you want to declare and demand? This can be more self love, self acceptance, tapping into your feminine energy of relax, play, surrender. This can be you setting the intention to releasing all that is no longer serving you. Or this can be setting the intention of balancing your relationship with social media. Get crystal clear on what you want to call in on/ release.



#### Bad Bitch Affirmations

It's time to start shifting that old stagnant energy within you and it all starts with the beliefs you hold. Affirmations are an AMAZING way to rewire your beliefs AND shift the energy in your life so that you can attract your desires.

I have provided some of my favorite affirmations below. Take what works and leave what doesn't. Feel free to copy and paste these onto your phone notes or screenshot/ download them.

Repeat these out loud 1x day. Once they no longer light you up..it's time to refresh them and create new ones<3

Create 15-30 affirmations.

Gelf love

A F F I R M A T I O N S

- I am worthy of massive success.
- I am more than enough.
- I value myself.
- I am in love with me.
- I love myself unconditionally.
- I love the old me, the future me, and the me I am today.
- I believe I am enough.
- I am unapologetically selfish with my life.
- I am the person I desire to be.
- I chose to stop apologizing for being me.
- It is my divine right to trust my actions and not apologize for them.
- I trust my intuituve downloads and instincts.
- I am doing the best I can with the resources that are available to me.
- I am opening myself up to believe that I am beautiful.
- I show love and support to other bad ass woman who are killing it.

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A F F I R M A T I O N S

- I confidently go in the direction of my dreams.
- I am completely comfortable with myself.
- I am beautiful.
- I am divinely guided by my inner wisdom.
- I am healing past old generational traumas from the inside out.
- I carry myself with confidence.
- I radiate confidence.
- My energy is magnetizing.
- It is safe for me to express my authentic self.
- I am proud to be authentically me.
- It is safe for me to be myself.
- I stand strong on 10 toes and can not be broken down.
- I feel the fear and do it anyways.
- There is nothing that I can not over come.
- I learn from my setbacks and use them to grow into the baddest version of myself.
- Small steps are also progress.

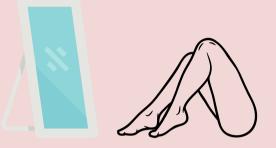
FFIRMATIONS

- I am releasing to receive more.
- I am opening myself up to receive massive abundance!
- I do less and attract more.
- I open giving birth to one of the greatest seasons of my life.
- I am a clear channel to receiving happiness, health, and wealth.
- My pussy is oozing with abundance.
- I am grounded in my feminine power.
- My pussy is beautiful.
- Everything about me is beautiful.
- I am worthy of love.
- My pussy is magnetizing the greatest year of my life.
- My pussy can't help but manifest my desires.
- My pussy is accepting and receiving miracles beyond what I've ever imagined.
- My yoni is sweet like honey.
- My yoni is attracting someone who is emotionally, intellectually, and sexually compatible with me .

Dussy POWER



Grab a mirror. Find some place private where you will be left ALONE, undisturbed. Sit in front of the mirror with your underwear off and legs wide open.



Take a moment to look at your yoni. Feel free to open and explore any flaps and folds or simply look at her. Allow yourself to take in this moment. Notice any sensations that come up.

Speak your affirmations out loud into the mirror while looking at your Yoni.

Finish off with this small affirmative prayer.

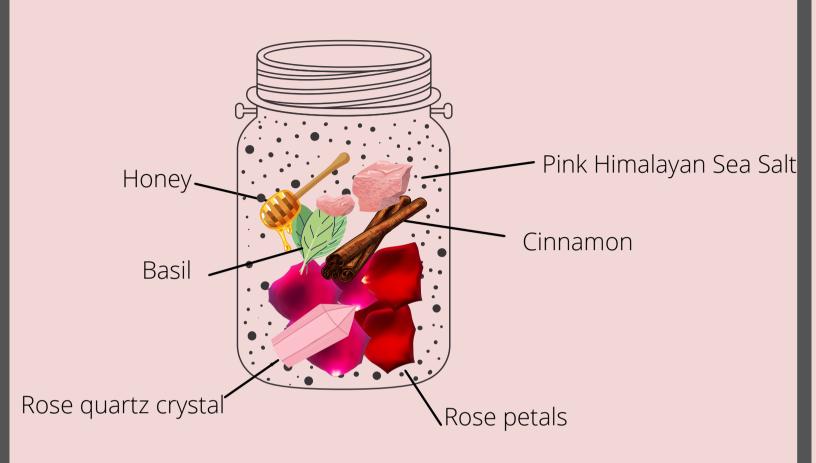
I forgive myself. I heal myself and I love myself regardless of what I have been through. I am grateful to be a divine fucking force that is capable of bringing LIFE onto this plane. I am one powerful bad bitch.

Self Love Spell

Everything is energy and sometimes old stagnant energy is stored in our auric field without us even being aware of it. Natural products such as: herbs, plants, and crystals also hold energy and are always available to you<3

For this ritual you will need:

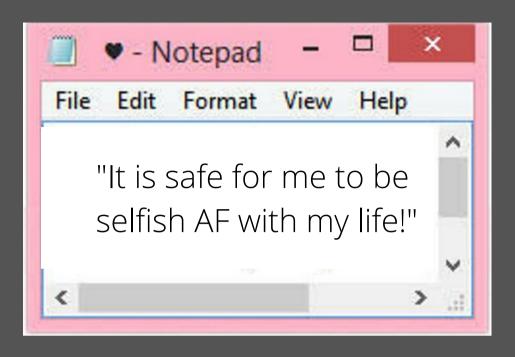
Mason jar- To prepare your ritual Basil- Cleanses off negative energy Roses- Holds energy of LOVE Rose quartz crystal- Holds energy of love Pink Himalayan salt- Clear attachments from aura, increases intuitive feelings, promotes self love Cinnamon- Stimulates passion, abundance, drive Honey- Adds sweetness to your life



*If you have a bath rub:* Pour the contents of your jar into your bath and lather yourself in there. Remember the intentions you set in Question 13. Speak them out loud.

*If you have a shower:* Pour the contents of your jar all over your body and lather yourself. Remember the intentions you set in Question 13. Speak them out loud.

## Bad Bitches are SELF AF!



You are allowed to be selfish af with your life! Think about 1 selfish bad bitch action you can take to express love towards yourself. Something that sends the message: "I am important & I take myself seriously."

Perhaps you can call off that event you're not really feeling. OR call off work, cancel plans, purchase a self love course, go out with friends instead of getting work done, start working on your business idea, indulge in a self care activity, tell someone NO, upload a naughty picture, unfollow someone, etc.

Get creative with this and take yourself seriously!<3

It's Time For You To Selfishly LOVE Yourself