



SELF LOVE HANDBOOK

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

Baddie B 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

*XoXo,
S*

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.

Self Love Journaling Questions

In this section, we will unmask your innermost self

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

Horizontal lines for writing the answer to question 3.

Self Love Journaling Questions

In this section, we will unmask your innermost self

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?

Self Love Journaling Questions

In this section, we will unmask your innermost self

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.*

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.

Self Love

AFFIRMATIONS

- 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 intuitive 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.

Confidence

AFFIRMATIONS

- 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.

Joni

AFFIRMATIONS

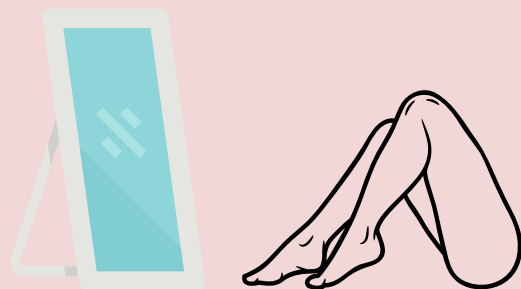
- I am releasing to receive more.
- I am opening myself up to receive massive abundance!
- I do less and attract more.
- I open giving birth to one of the greatest seasons of my life.
- I am a clear channel to receiving happiness, health, and wealth.
- My pussy is oozing with abundance.
- I am grounded 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 .

Pussy

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

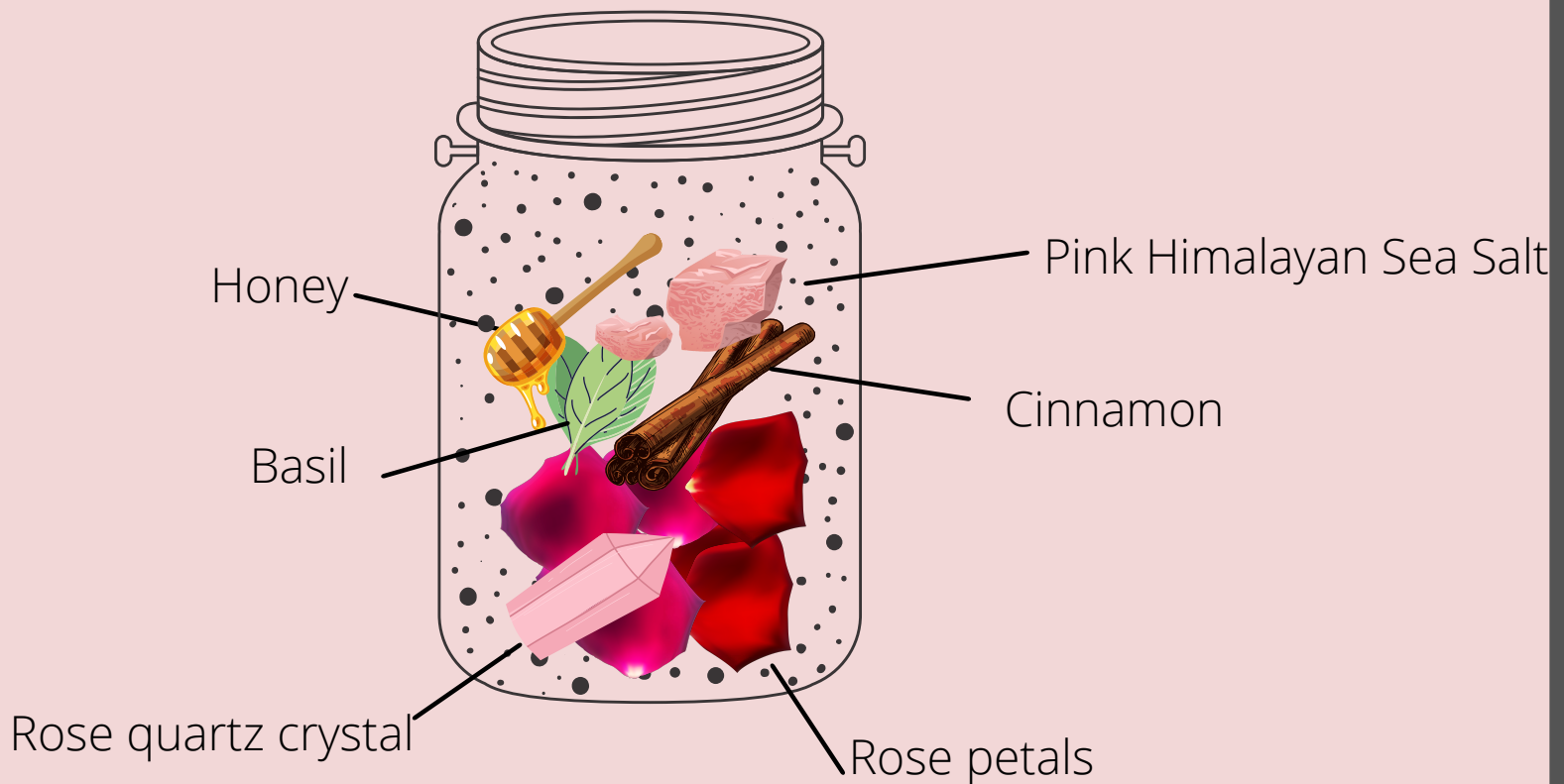
Roses- Holds energy of LOVE

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

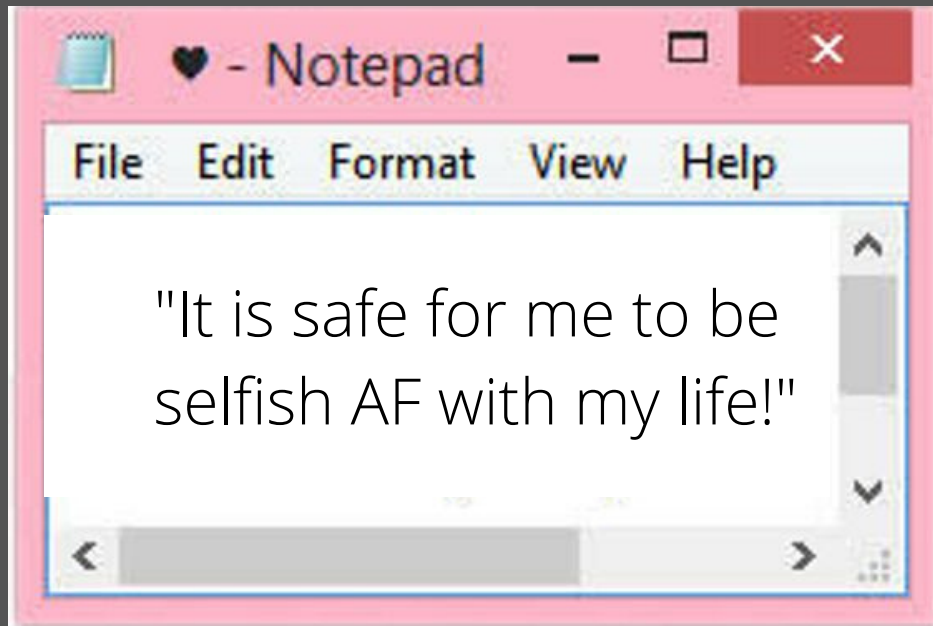
Honey- Adds sweetness to your life



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*