



# THE IRRESISTIBLE SELF-LOVE WORKBOOK

Give yourself ALL the loves

# Welcome to the Irresistible Self-Love Series Workbook!

Over the next 5 weeks you're going to learn exactly how, and WHY, you can use this ridiculously powerful thing called 'self love' to help you get the relationship with food (and self) that you crave. Seriously, every emotional eater needs to embrace self-love- and this is THE workbook to get you there. Brace yourself: it's going to be epic.

The exercises and activities in this workbook follow along week-by-week with the [Irresistible Self-Love Series](#) on the Live the Whole blog – so head there to get the video lessons, extra downloads, and expert interviews.

If you have a question, need some help, or would like to explore working together to heal your unwanted eating – just let me know!

I wish you all the (self) love in the world!



xx Samantha

# Week 1: Self-Love Assessment

Take a quick self-love assessment to find out where your self-lovin' is at. Check the boxes!

## Do you:

- Know that you can't be loved until you fix \_\_\_\_\_
- Stay in relationships that don't make you feel great
- Judge everything you do, knowing it could be better
- Compare yourself to others
- Pinch, jiggle, poke, or make faces at parts (or all) of your body
- Feel like you constantly give to others without much return
- Have a hard time having fun or feeling pleasure
- Feel stressed and overwhelmed a lot of the time
- Make jokes at your own expense about things that really hurt you
- Worry about negative emotions and how you handle them
- Avoid feeling certain emotions
- Use food to sooth, calm, relax, or feel pleasure
- Take a backseat in most of your relationships

## How many did you check above?

**8-13:** This series is definitely for you! Don't worry if your self-love knowledge leave a lot to be desired, that's what you're here for. Huge congratulations for taking this step into a more loving relationship with yourself.

**4-7:** You've been doing a bit of self-love work, yeah? Looking good and you're heading in the right direction. Check out the Self-Love Series to keep this going strong.

**0-3:** You've got this self-love thing down. Check out the series anyway, self-love is always a work in progress, and we can always learn to treat ourselves better.

No matter what your status is, don't sweat it. This series is all about getting you loving yourself more fully.

# *Week 1: Why is Self-Love Essential?*

Head on over to week 1 of the Irresistible Self-Love Series and watch the video lesson. When you're clear on how self-love can help you, have a think about:

**How would your life be different if you had more self-love?**

**How do you act out your self-unloving?**

**Why is self-love essential to *your* journey?** Really work on personalizing the messages in the video.

- END OF WEEK 1 -

## *Week 2: What IS Love?*

<b>Who do you love? (friends, pets... anyone)</b>	<b>What's that love like? (Warm? Safe? Kind?)</b>	<b>How do you think, speak, and act that?</b>

**Looking at the second and third column there, how would it feel to give that love to yourself, too?**

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- END OF WEEK 2 -

## *Week 3: Think Like you Love Yourself*

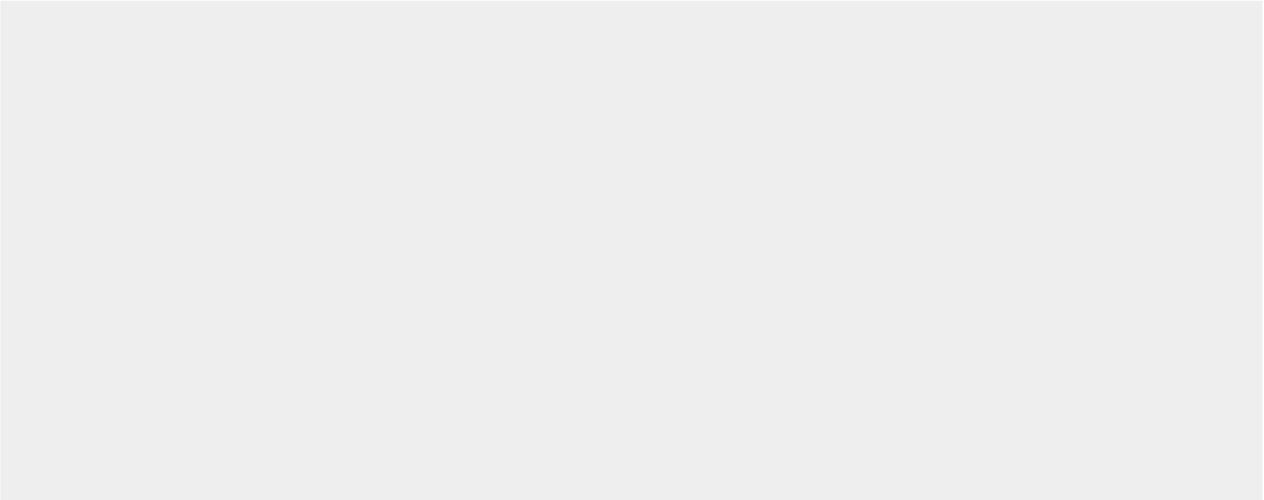
Commit to 7 days of 'assuming my own worth'. That means that instead of putting something off, or thinking "I'll be happy when \_\_\_\_\_", choose to do it/feel it/be it right now. You might not actually believe it yet – but just pretend you do. Pretend you believe you are worthy of love, happiness, and joy right now. For 7 days. Use the following pages to think this through.

**What does 'being worthy' mean to you?**

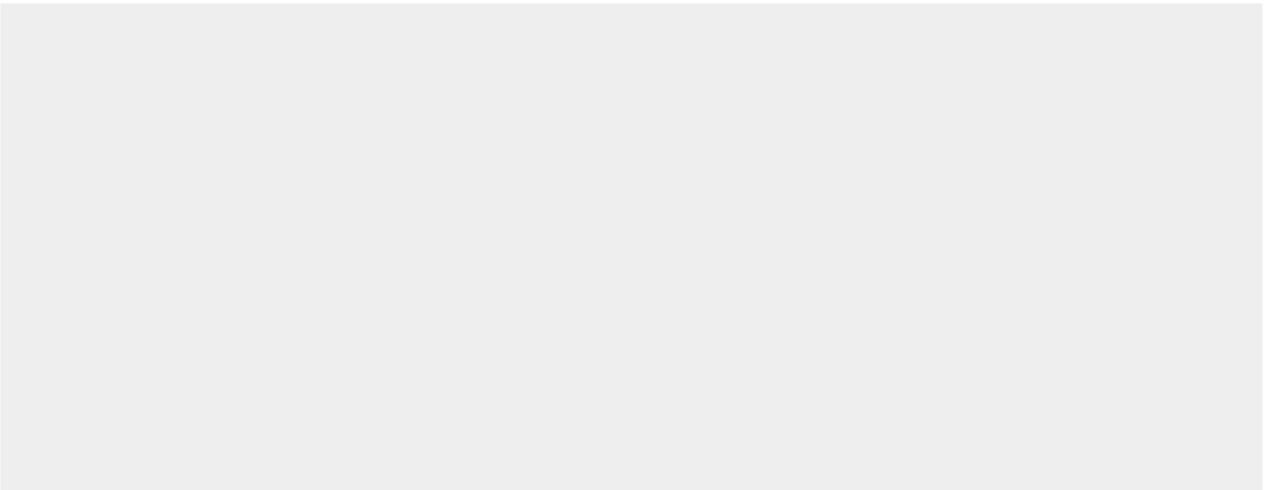
**What are you putting off until 'later' when you are different/thinner/healthier/in a relationship/... ?** This could be anything from a way you want to feel, how you want to live your life, or specific things you want to do or achieve.

**When do you deny yourself pleasure? Where in your day/week/life do you not let yourself enjoy something?**

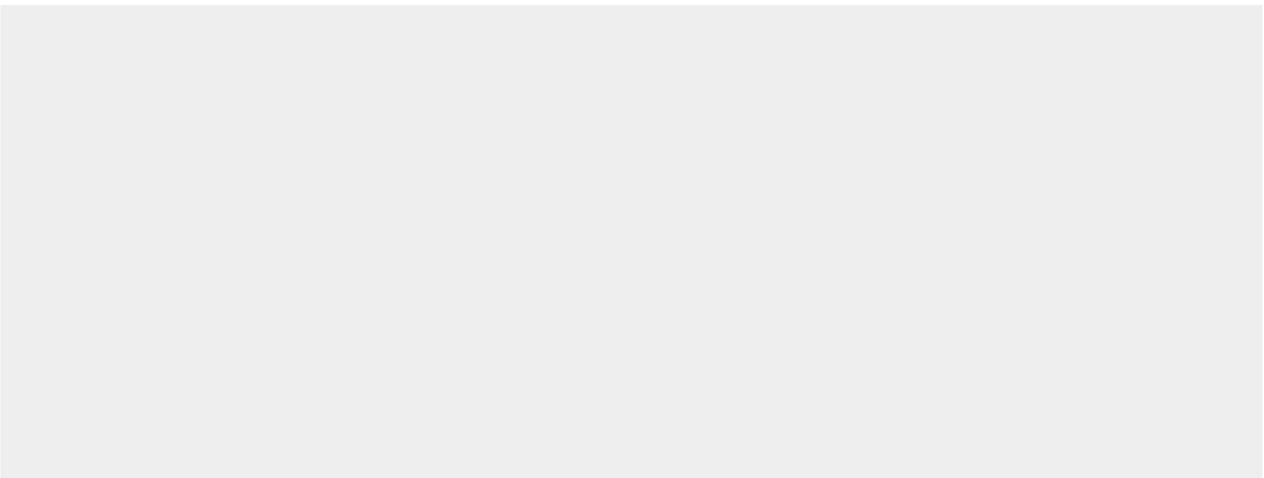
**Why are you worthy, just as you are, right now? List them ALL!**



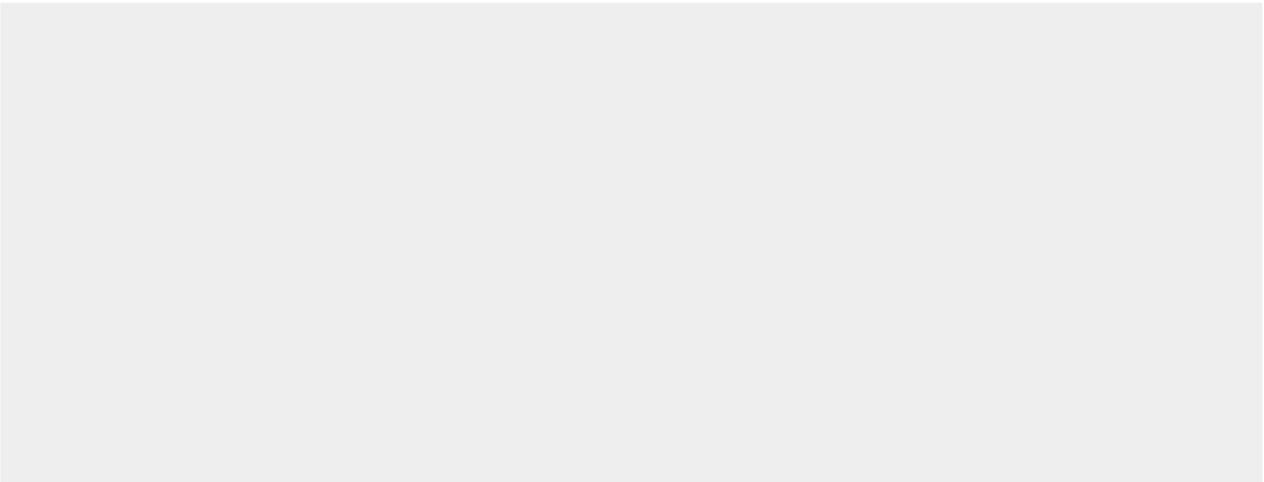
**What thoughts can I consciously use to affirm my own worth?**



**What words can I say – to myself and others – that show I find myself worthy?**



**What actions can I consciously take that reflect my worth?**



**How can I start to incorporate these into my life?**

Idea 1:

Idea 2:

Idea 3:

Idea 4:

## *Week 3: Speak Like you Love Yourself*

List all of the **negative** things you say to, or about, yourself in a day.

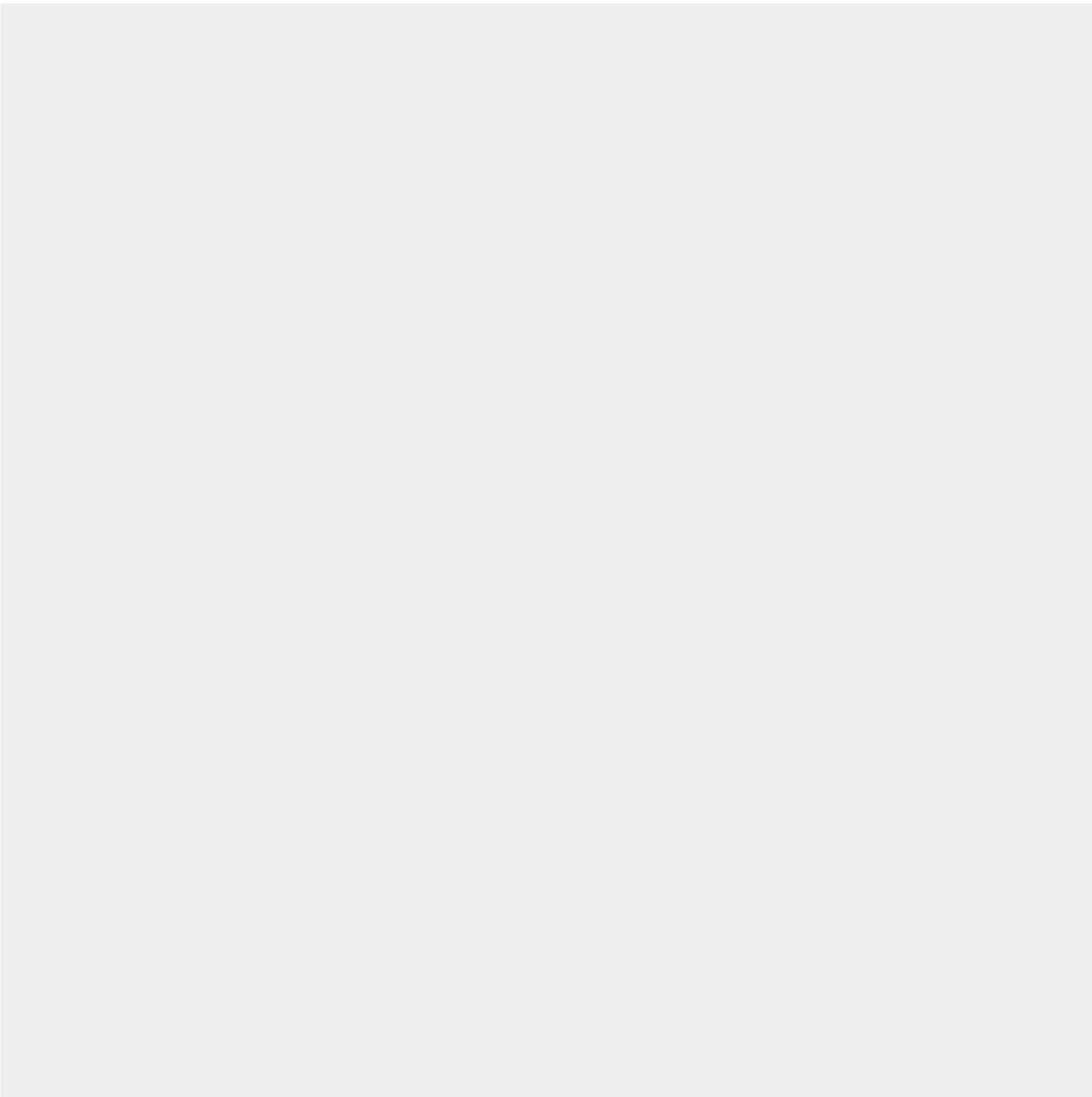
At the end of the day, take a few minutes to read back through them and think about whether this is how you want to be spoken to in life.

Nope? Cool – let's stop that then and consciously replace those crappy words with some awesome new ones.

List all of the **positive** things you can, do, or could say to yourself. Keep this list with you and either a) stay conscious of your words and whip the list out when you find yourself bad-mouthing; and/or b) set an alarm and get the list out at intervals throughout the day and practice not only saying the new words, be **feeling + believing** them.

## *Week 3: Act Like you Love Yourself*

Make a big list of ALL the people, places, things... anything that brings you pleasure or joy. Dig deep, find as many as you can.



Ok, now choose a few of those and plan them into your day and week. Schedule them in, and do them! Do them with a loving attitude (as much as you can) and allow yourself the time and space to feel good about it.

**- END OF WEEK 3 -**

# *Week 4: Gratitude - Self-Love Superpower*

List 3-5 things each day that you are grateful to yourself for. Settle in for a minute and really feel that gratitude glow. On hard days, look back over your lists and see what a wonderful human you really are!

Monday	Tuesday	Wednesday	Thursday
Friday	Saturday	Sunday	

- END OF WEEK 4 -

## *Week 5: Re-do the Assessment*

Re-take the self-love assessment to find out where your self-lovin' is at. Check the boxes!

### **Do you:**

- Know that you can't be loved until you fix \_\_\_\_\_
- Stay in relationships that don't make you feel great
- Judge everything you do, knowing it could be better
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**So - how have things changed in the past month?**

# *Week 5: Self-Love Resources*

## **The Irresistible Self-Love Series video lessons:**

[Find the whole series here](#)

## **Useful Self-Love books:**

- [The Gift of Imperfections](#) by Brené Brown
- [What's in the Way is the Way](#) by Mary O'Malley
- [The Love Yourself 30 day Challenge](#) by Lita Medinger
- [Gratitude Diary: A Gift to You](#) by Brenda Nathan

## **See also:**

- My 'self-care' [Pinterest board](#)
- The [Live the Whole Facebook group](#)

- END OF WEEK 5 -

# *Need a little extra help?*

## **Is this you...?**

You eat too much. It helps you feel better, but afterwards leaves you a mess of shame and guilt.

You gain weight. It gives you that tight panicky feeling – what if you \*can't\* shift it?

Your body's a stranger. It makes you feel fat, ashamed, and undeserving.

You think to yourself, "What if this doesn't stop?" Your eating has become a cycle of shame, guilt, and powerlessness that only lessens while you're eating.

If you continue on, it will just get worse. Guilt, self-blame, self-dislike, and a belief that you are worthless, weak, and undeserving of love and success.

## **By working with me, you will experience what you REALLY want:**

- Heal emotional eating
- Regain control
- De-emphasize food
- Love your body

**So, go check it out!**



xx Samantha