

Look Feel Do

Radical Self-Love



WHAT IS RADICAL SELF-LOVE?

What is Radical Self-Love? It is a love you can count on whatever life throws at you. Radical Self-Love is about loving yourself unconditionally.

When you first start on the path of Radical Self-Love it can be very challenging because you are changing the way you communicate with yourself. The veils of deception are removed and you are left with your whole self, naked and just as we are.

In time you reveal the magnificent and empowering woman that you are and beautiful and successful woman that you have always been.

The Concepts of Radical Self-Love may not be new to you but by incorporating all 10 concepts together you will accomplish the greatest love of all, the Complete Love of Self.

See you on the next page and get ready to love yourself so much that everything becomes possible! Let us explore, share and grow together. Let's love ourselves so that we can truly love each other.



Please sign up to our new Radical Self-Love through Yoga, Meditation & Mindfulness Facebook Group.

Much Love,

CharmaineW.

www.lookfeeldo.com

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CONCEPTS OF RADICAL SELF-LOVE

1. **ENOUGH:** Know that we are enough no matter what the current situation presents. In fact, we have always been enough and we will always be enough.
2. **RESPONSIBILITY:** Take responsibility for ALL of our actions. We are and have always been in control of our actions.
3. **KINDNESS:** Always be kind to ourselves, especially when we don't feel like it. Our inner and outer talk should sound like two best friends talking to each other. Speak well of and to ourselves often.
4. **NO EXCUSES:** Excuses never get us anywhere so just stop using them. Think of solutions instead.
5. **HONESTY:** Believe it or not we can be honest with ourselves and others without being rude or mean. Be honest about what we want to accomplish and what skills we might need to acquire to attain our goals.
6. **FORGIVE:** Learn to forgive ourselves for all the messed up stuff we do or have done, big and small. Forgive others who have caused you pain.
7. **TIME:** Dedicate some time to spend with and by ourselves each day. Finding joy in being with ourselves is truly rewarding. Remove as many distractions as possible and be still. Or practice yoga. Or meditate.
8. **BODY BEAUTIFUL:** We need to love our bodies no matter what it looks like. Get naked in front of a mirror and look at your entire body with gratitude for all it has done for us throughout the day. Look for the beauty even in the parts we want to change.
9. **RESPECT:** Show the same respect to ourselves that we expect from others. Respect our bodies, minds, time and money.
10. **EASE:** Be at ease with life. Stuff happens. So called good and bad. Remember this too shall pass in time. Develop patience with ourselves and with others.