

SELF LOVE, ACCEPTANCE, AND/OR NEUTRALITY

There are a lot of expectations put on how our bodies look and work but also on how we should feel about them. I think by now we are all more than aware that if we could just fall in love with ourselves, body and mind, then we could all live happily ever after.

But falling in love with yourself can be much **easier said than done**.

Check out the scale below, and think about which things about yourself fit on there and where...

THE SCALE OF SELF-ACCEPTANCE



LOVE

THE PARTS (OR MAYBE ALL!) OF YOUR BODY THAT YOU LOVE. THINGS YOU ARE PROUD OF AND MAKE YOU FEEL REALLY GOOD.

THINGS I LOVE ABOUT MYSELF...

.....

.....

.....

ACCEPTANCE

THINGS YOU MIGHT NOT ALWAYS HAVE BEEN VERY FOND OF, BUT NOW YOU'VE COME TO ACCEPT AS BEING PERFECTLY FINE AND O.K.

THINGS I ACCEPT ABOUT MYSELF...

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.....

NEUTRALITY

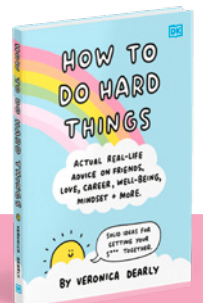
YOU CERTAINLY MIGHT NOT FEEL GREAT ABOUT THESE THINGS, BUT ALSO, YOU DON'T ALWAYS NEED TO... BECAUSE YOUR BODY IS FOR MORE THAN BEING BEAUTIFUL.

THINGS I AM NEUTRAL ABOUT...

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NOW, ASK YOURSELF
NOT WHAT MONEY CAN DO FOR YOU, BUT
**WHAT CAN YOU DO
FOR MONEY?**

HOW DO YOU FEEL
ABOUT MONEY NOW?

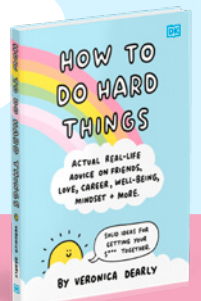
HOW DO YOU WANT
TO FEEL ABOUT MONEY?

WHAT COULD HELP YOU GET THERE?



WHAT CAN MONEY DO FOR YOU?

NO REALLY, IN YOUR WILDEST DREAMS,
WHAT COULD MONEY DO FOR YOU?



LEARNING TO REST

There is a whole world out there full of wild and wonderful things you can do to pass the time. But if you feel compelled to fill all your time with jobs and tasks, then you're probably exhausted and have very little enthusiasm to even think about fitting in something fun.

So let's start with learning to rest.

**A COLOURING/DESIGN YOUR OWN PAJAMA PAGE...
(CLEVER SUBLIMINAL MESSAGE ABOUT REST RIGHT?)**

