

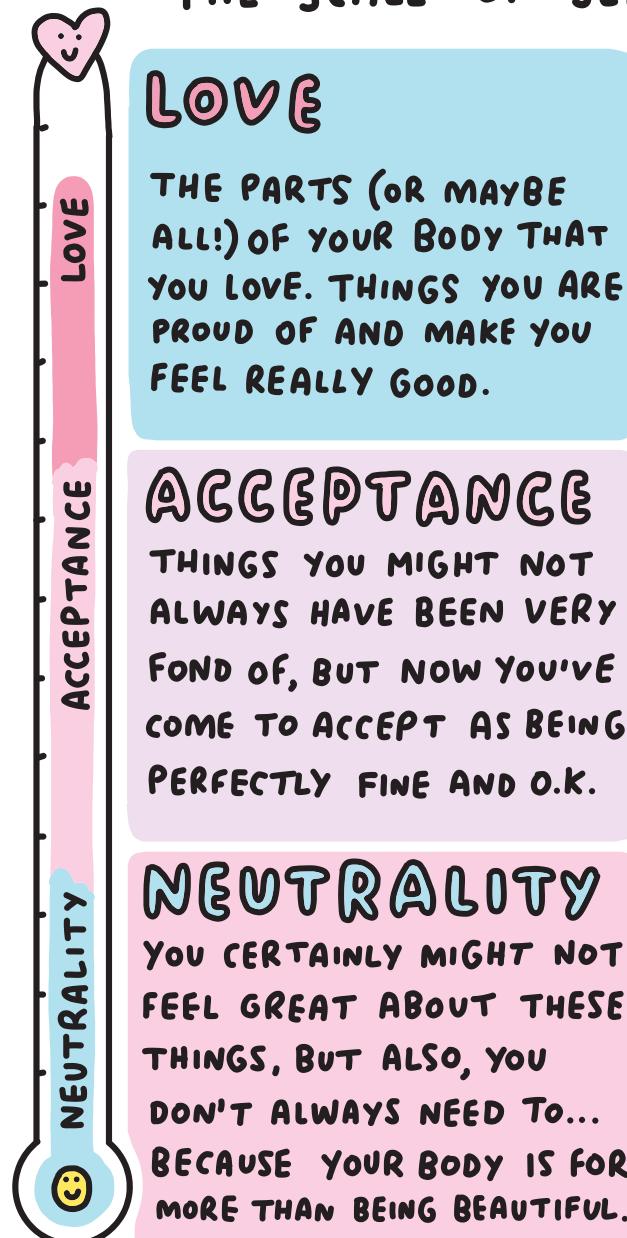
# SELF LOVE, ACCEPTANCE, AND/OR NEUTRALITY

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



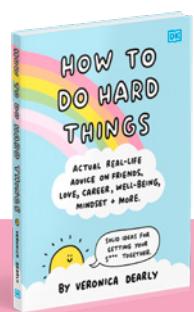
THINGS I LOVE ABOUT MYSELF...

THINGS I ACCEPT ABOUT MYSELF...

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?



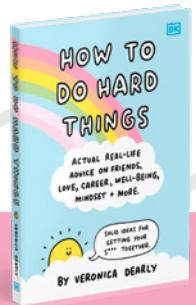
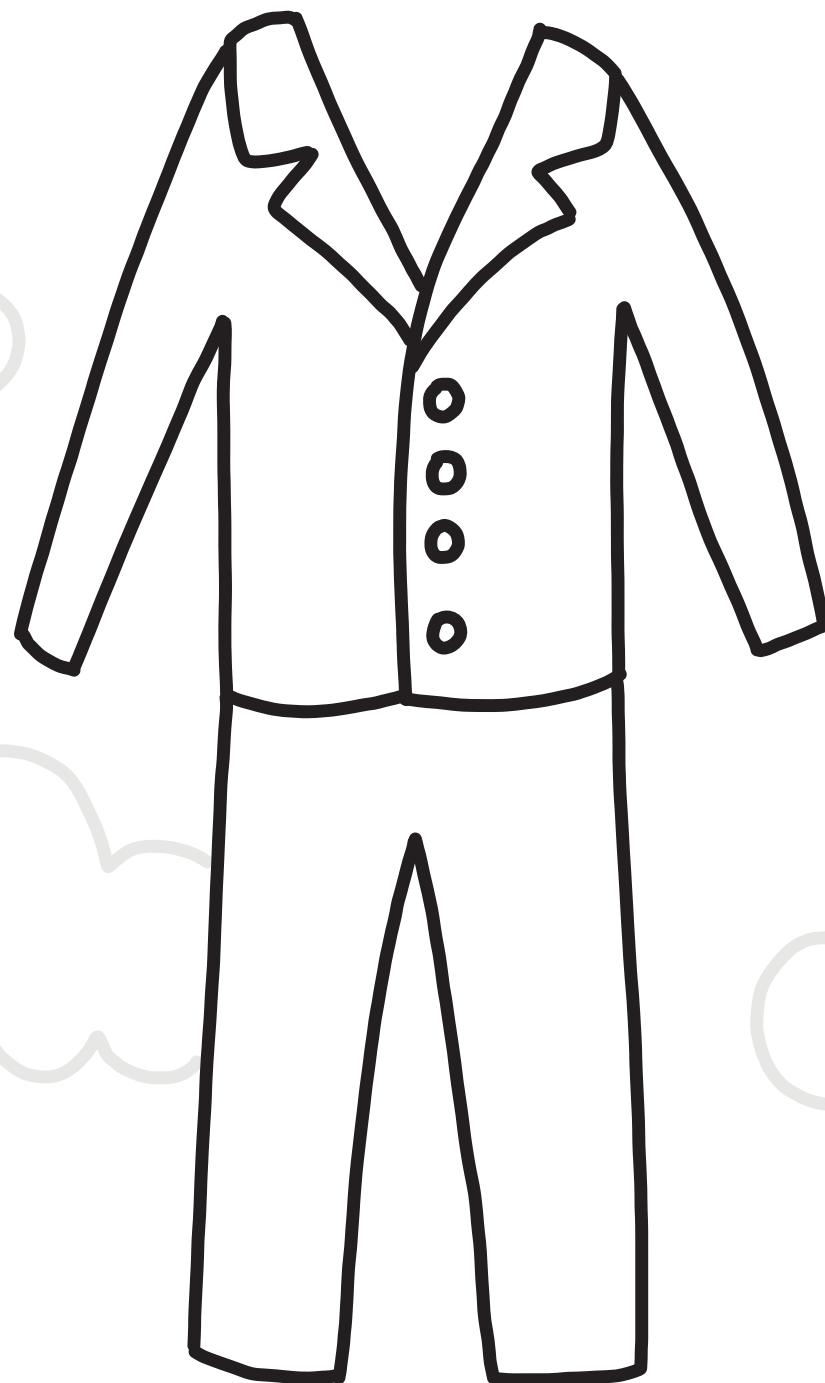
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# LEARNING TO REST

There is a whole word 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?)



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