



Sacred Depths

COACH CERTIFICATION

4 Components for Cultivating Self-Love

I. Radical Self-Acceptance

- Radical self-acceptance is vital to self-love and involves accepting ALL of you, not just the parts culture says are acceptable, lovable, or worthy.
- You cannot love what you do not accept
- You cannot love that which you deny. If there is a part of you that you're denying or pretending isn't there, you can't love it.
- You cannot love what you fight against or try to make go away.

You can love something AND want to change it at the same time.

- Acceptance doesn't mean you don't have parts of yourself you want to change. And it doesn't mean you don't work towards changing those parts if they're possible to change.
- It means you accept and love where you're at, whether you can change it or not.
- Cultivate a compassionate accepting relationship to those things we've been hating, fighting, making the enemy or denying.
- We have to accept the things we want to change before we can change them.

Tools to go deeper

1. Even though...Nevertheless activity (see Myth of Perfection module)
2. Practice stating and/or writing it down from an objective place. Taking the emotion out of it can help bring it to acceptance.
3. Experiment with listening to bilateral music while writing about the things you can't accept. This helps take the sting out of it. (*Must be wearing headphones for it to work*).

II. Connection to the Sacredness of Life

- If you are a living being, you are of inherent value and deserve love, wonder, and awe
- Remembering the magic and sacredness of life can bring you back and center you into a place of self-love
- This is about both the thought of the magic of life and also the feeling of it.

- If you believe in Higher Power, God, or Spirit, Spirit can become a corrective and healing stand-in for the not so loving parent in your life or the old idea of a not so loving God in your life.

Tools to go deeper

- To connect with the magic of life:
 - > Close your eyes and connect with your body. Feel in your body that you are a part of life. Your very existence is magical.
 - > From this place, connecting into the magic of who you are not because of anything that you do. Feel yourself connected to something bigger than you are. See if you can feel the wonder of this in your body.
- Write a love letter to yourself from Spirit
- Spend time in nature, being in wonder and awe of what it means to be alive.

III. Self-Care

- There is a direct relationship and correlation between self-love and self-care
- The more deeply you take care of yourself, the easier it is to love yourself.
- This is not about checking off the typical self-care to-do list. This is about the things that deeply nourish you.
- It is an act of self-love to nourish yourself and the impact of that nourishment is that it is that much easier to love yourself.
- It is hard to love yourself when you're neglecting yourself.

Two Types of Self-Care

1. Nourishment – Rate yourself on a 1 – 5 scale on each of the following:

<ul style="list-style-type: none"> > Sleep > Eating well & balanced blood sugar > Exercise > Taking vitamins and supplements > Hydrating > Taking breaks 	<ul style="list-style-type: none"> > Grooming > Honoring your pace and rhythm > Clothing you like > Giving yourself soul-time > Massage and touch
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2. Pleasure – doing things that are pleasurable to you is an important aspect of self-care.

IV. The People Around You

- A great way to move forward in your self-love journey is to do a detox of either people who are not loving you as you deserve or set some new boundaries in the relationship



Homework

- If working with clients, make a list of your clients and assess them through the lens of self-love. Make your best guess as to where the client is at with their level of self-love. Which component would be a useful tool? Consider integrating it into your work with them over the next week or two.
- Write a love letter to yourself from Spirit.
- Pick one area from the nourishment assessment and work on shifting it as an act of self-love.
- Consider doing a relationship detox