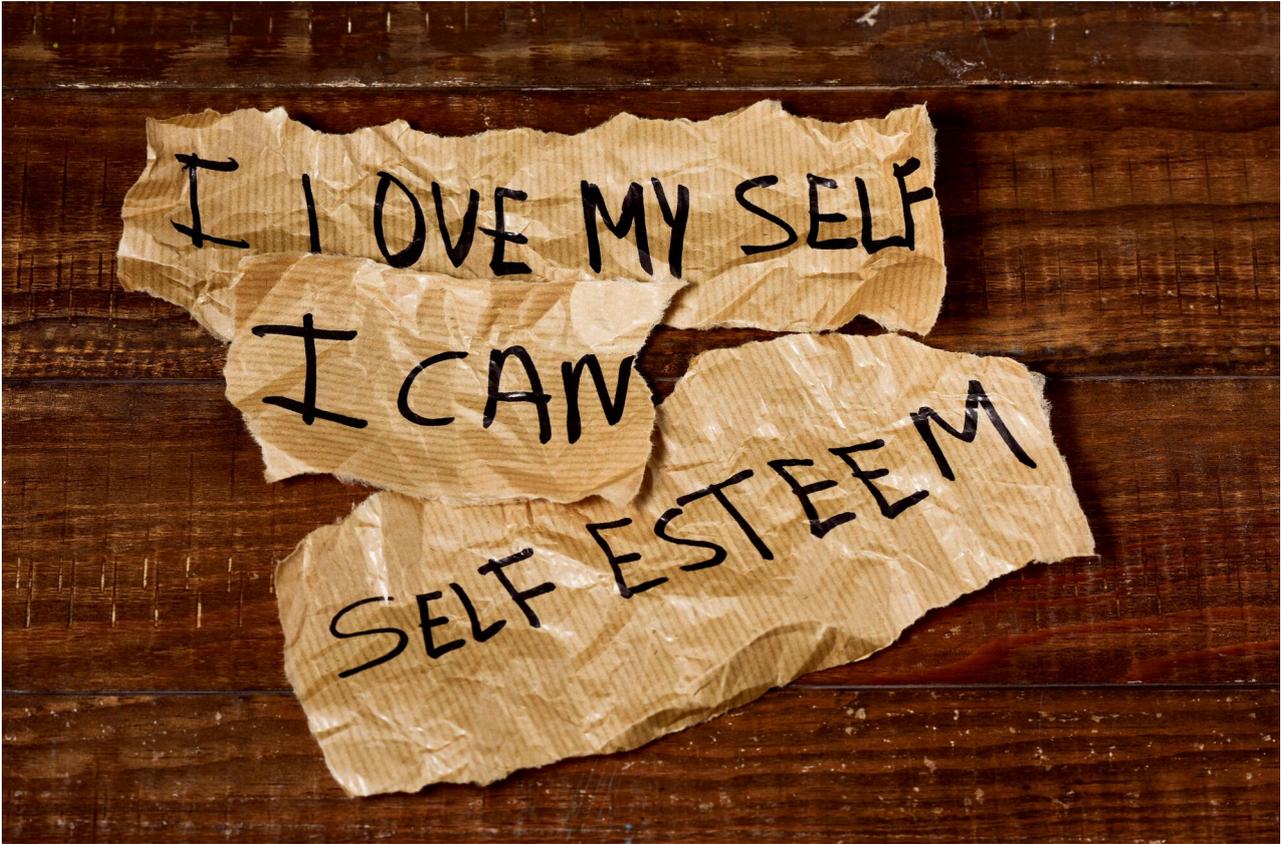


CREATIVE INTUITIVE PRESENTS



Self Love AWARENESS

I AM BEAUTIFUL, I AM WORTHY, I AM LOVED

STAYING COMMITTED TO YOU

THIS EBOOK FEATURES TIPS AND MOTIVATIONAL QUOTES
AND STORIES FROM COACHING CLIENTS AND ENTREPRENEURS
TO INSPIRE YOU TO LOVE YOURSELF!

→ love →

HOW CAN I LOVE

IF I CAN'T LOVE MYSELF FIRST...



What is self love?

How can I love myself after so much pain, trauma and disappointments?

One day at a time.

Thank you to everyone who donated their time! Your support and input will help more than you know !!



I got flowers today. It wasn't my birthday or any other special day. We had our first argument last night. He said a lot of cruel things that really hurt me. I know he was sorry and didn't mean the things he said. Because I got flowers today.

I got flowers today. It wasn't our anniversary or any other special day. Last night, he threw me into a wall and started to choke me. It seemed like a nightmare. I couldn't believe it was real. I woke up this morning sore and bruised all over. I know he must be sorry Because he sent me flowers today.

I got flowers today. It wasn't Mother's Day or any other special day. Last night, he beat me up again. And it was much worse than all other times. If I leave him, what will I do? How will I take care of my kids? What about money? I'm afraid of him and scared to leave. But I know he must be sorry Because he sent me flowers today.

I got flowers today. Today was a very special day. It was the day of my funeral. Last night he finally killed me. He beat me to death. If only I had gathered enough courage and strength to leave him, I would not have gotten flowers today.

This poem is dedicated to all the victims and survivors of Domestic Violence.

You ask, why didn't she leave?

I ask, why did he hit?

#IHaveAStoryToTell

#StopDomesticViolence

-Denise

I DONT HAVE DREAMS I HAVE REALIZATIONS



ART WORK BY JESSE MARY

“I think everybody’s weird. We should all celebrate our individuality and not be embarrassed or ashamed of it.” – Johnny Depp

ANGEL

As I look up to the sky
I can see the light
What can it be?
Is it the light from inside of me?
Or is it my angel
Looking down on me
His wings so beautiful
His eyes so bring
His love so pure
I can feel happiness
I can feel joy
Oh wait..
Its what I have been waiting for
My angel
Shine your light upon me
Let me feel the joy in my heart
Let me feel the happiness
You have shown me
Love and light

ANN NATASHA

YOU NEVER KNOW WHATS BEHIND SMILES



SOMETIMES IT'S HARD
TO PICK RIGHT FROM WRONG.
THE BEST THING WE CAN DO
IS GO WITH OUR HEART AND
HOPE IT ALL GOES WELL.

- MAC MILLER

“I have depression. But I prefer to say
“I battle” depression instead of “I
suffer” with it. Because depression
hits, but I hit back. Battle on.”

Self to myself... a self love mantra:
I know you're hurting
Sometimes its hard to breathe
Nights are the worst
When you lose control
You wonder if anyone is out there
Someone who understands
If there is anyone who will listen
You want to know it will be alright
But dear self, you are not alone
I will carry you
I have been here the whole time
Holding you
You and I will take over the world
I know you have covered your wings
You're afraid to fly
You wish the weight could be lifted
Because the burden on your heart is so heavy
But dear self, you are not alone
I have been here the whole time
I will carry you
I will hold you
One step at a time, dear self, you and I
When you come home
You feel like there is no one to love
Or no one to love you
I see that
It hurts me
Because dear self, I love you!
I will carry you
I will hold you
Let those tears fall into my palms
Say you won't let go
Even when you feel you've given up
Say you'll keep fighting
Even when you've fallen down
You want to be loved
You long to be needed
Well dear self, I need you more than anything
I need you to hold me
Say you will carry me
I love you



7 Self Love Tips

*With Wendy
Sugar*

HAPPY HIKERS FITNESS

LOVE

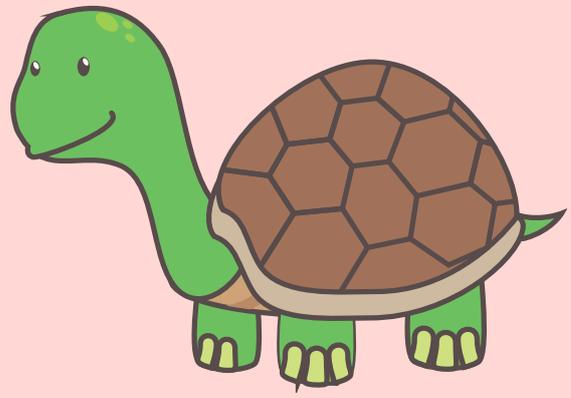


1

**Eat right and Sleep enough-
Nourish Your Body**

The food you eat actually has a huge impact on the way You feel. Eating lots of veggies and Plant based Whole Foods will make you feel really good so try to eat clean on most days. You are what you eat!!! Take the time to get enough sleep. If you do not rest your body you can not be at the top of your game. Our bodies are are temple and you need to take care of them.

2 Slow Down



This one is probably the most difficult for most! Slowing down is essential for happiness and success. Taking the time to smell the roses means your living in the NOW which is a key thing to happiness! Slowing down and taking time refuels and allows you to actually get more done faster.

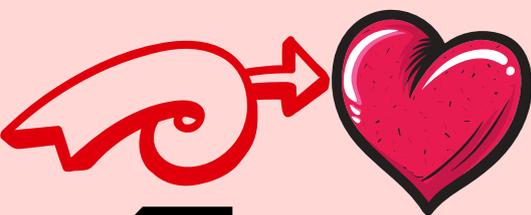
slow & steady wins the race

FORGIVE ME...

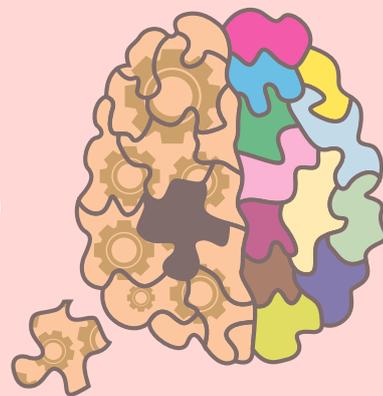
3 Practice Forgiveness



We are all human and we all make mistakes, but it is time to learn that practicing self-love means not dwelling on those mistakes. You should not judge yourself or others on the actual mistake but on how you fix those mistakes! No regrets! It is time to acknowledge them, learn from them, and move on. Forgiving others is huge. If you live your life holding onto anger and resentment it really only harms you, not the other person and frankly it causes more harm than good! Forgiving others is really a gift to yourself and remember you are worth that gift. This does not mean to allow toxicity btw



4 Follow Your Heart and your intuition



True self-love means believing that you are worthy of your dreams and then taking action to get there. Learn how to love yourself is all about not allowing fear and self-doubt to hold you back from the things you most want to do. inner desires and allowing your heart and intuition to lead the way is the self-love path to success. Be brave. Take those baby steps every day that will align you with the life you truly want to live.



be yourself

5 Be YOU be Authentic

The greatest gift you can give yourself is the permission to just be who you are, to be authentic is to be empowered. Don't do things just because everyone else is doing them. The moment you make the decision to just be you and to only do the things you love and to live in the NOW YOU WILL FEEL AMAZING!

believe

Self Love Tips

6 Love Yourself

**I
LOVE
ME**

Reality is if you do not do it, if you do not love yourself who will? You are worth it. Remember you are your biggest fan! Take time for self-care. Whether that means getting a message or going for a run, acupuncture, chiropractor or a nap on a hammock under the stars take the time and do it!

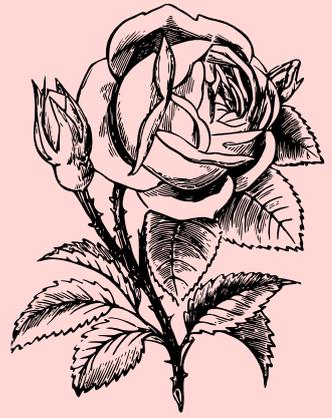
7 Have Fun



Take field trips go outside into nature everyday, do fun things and don't feel sorry about it for you deserve it. Life should be full of fun and not structured every minute of every day. Go for a hike, go for a trail run, hug a tree or just plan walk in the dirt bare footed! But do it At the end of the day, it doesn't matter what other people think. Your happiness and well-being is the most important thing. So, go on with your bad self be inspiring and inspired and make a difference. Take steps towards living your legacy and have fun while doing it!!!!



A WOMAN IS
UNSTOPPABLE



LOVE

Radiant Rose
BODIBOX



ONCE SHE
REALIZES THAT
SHE'S ENOUGH

SELF LOVE

A photograph of a white paper napkin with a pink flower on the left side. To the right is a white ceramic cup filled with coffee and a tea bag. The background is a light-colored wooden surface. A pen with a wooden handle is visible in the bottom right corner of the napkin.

LOVE YOURSELF LIKE YOUR LIFE
DEPENDS ON IT,
BECAUSE IT DOES

THANK YOU TO EVERYONE
THAT CONTRIBUTED THEIR
TIME AND TALENTS TO
MAKE THIS EBOOK POSSIBLE!

