

A Step by Step
Guide To:



Self-Love Journey



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hello

"Love yourself!" is a phrase we frequently hear. We are constantly told that loving oneself is the most crucial and helpful thing we can do. But sometimes we don't hear or don't understand how. What exactly does loving oneself entail? What does the word "practise" mean? How do we even start?

Learn about self-love, why it's important, and how to put it into practise in your life by reading this book.



Best regards,
Rhoda Chaalan

Get to know about self-love

Loving oneself is exactly what it means to practise self-love. It entails accepting your flaws, inadequacies, and other characteristics of yourself that you don't always like in order to love all of who you are.

The idea of loving oneself may be unfamiliar to many individuals. After all, we are frequently taught that putting your needs or priorities first is selfish and that you should direct your attention to helping others. But showing yourself love doesn't make you a narcissist or selfish person; it just shows that you appreciate and understand your own needs and won't accept anything less than what you deserve.

Often, cultivating self-love simply entails treating yourself with the same respect and consideration that you show to others.



As you would your friends, family, and other loved ones, treat yourself with kindness and grace. We frequently treat our loved ones with more kindness than we do ourselves.



questions to myself



Are my goals what I actually want?

Answer in one word:
What stands in my way of living the life of my dreams or achieving my major goal?

What does the word "happiness" mean to me?

Do I use mass consumption or conscious driving?

What flaws in another person am I not prepared to overlook?

How can I live more simply and concentrate on what matters most?

practicing self-love



I advise you to start by deciding on one loving act you can perform today for yourself. It could be a motivating idea or deed. Next, make a plan for what you'll do and when you'll do it. Making a written commitment enhances accountability and raises the likelihood that you'll carry it out.

Some of your self-defeating beliefs and behaviours will start to be replaced as you incorporate more and more loving thoughts and behaviours into your daily life. Self-love will become automatic with practise.

These 10 suggestions can help you on your path to self-love.

1. **Acknowledging and embracing your emotions**
2. **Spend some time on yourself**
3. **Obtain enough rest.**
4. **Observe your body.**
5. **eating healthy**
6. **Talking to oneself**
7. **overcoming a self-defeating narrative**
8. **forgiveness of oneself**
9. **committing to loving oneself**
10. **Determine to learn more.**



30
DAYS

self love challenge

Day 1

Take a deep breath once an hour

Day 2

Stretch and meditate

Day 3

Journal for 15 minutes

Day 4

Clean out your closet

Day 5

Wake up early and watch sunrise

Day 6

Go on a long walk

Day 7

Cook yourself something you love

Day 8

Have a spa day

Day 9

Take a nap in the afternoon

Day 10

Buy yourself some flowers

Day 11

Write a positive note on your mirror

Day 12

Drink more Water

Day 13

Do something that makes you laugh

Day 14

Sleep in with no alarm

Day 15

List 5 things you love about yourself

Day 16

Say no to something

Day 17

Catch up with an old friend or relative

Day 18

Start learning a new skill

Day 19

Write down your dreams and goals

Day 20

Book a day trip

Day 21

Enjoy your favorite dessert

Day 22

Organize your workspace

Day 23

Compliment yourself during the day

Day 24

Take a long luxurious bath

Day 25

Evaluate your morning routine

Day 26

Try a new food

Day 27

Spend a day off social media

Day 28

Listen to your favorite music

Day 29

Read a book you have been wanting to

Day 30

Spend a day in nature

Need More Insight?

join my coaching session!

Add your call to action in this part.

BOOK NOW



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