



# The SELF-LOVE WORKBOOK



Shakiyah Sherill, LPCA  
Certified Life Coach

Hellllooo,

Thanks for downloading this Freebie. Self-Love is rooted in self-acceptance and when we love ourselves we achieve more than we could ever imagine.

- Shakiyah Sherill, LPCA

*The* 7 SELF-LOVE  
WORKBOOK

[www.intrinsicgrowth.com](http://www.intrinsicgrowth.com)

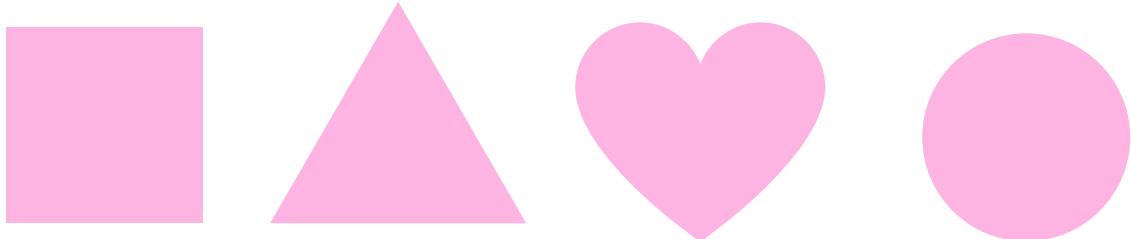
# Deleting Negative Thoughts

Think back to a time when you crippled yourself with some negative self-talk. Notice, where this voice is? Is it on the left or the right-hand side of your head? In the front or the back of your mind?

How loud is the voice? Normal, softer, or louder – become aware of what makes this voice negative?



If you could turn this voice into a shape, what shape would it be? A square, Triangle, Circle, or any other shape? What shape is your voice? If you can't turn the voice into a shape, imagine you were someone who could turn the voice into a shape – what shape is your voice?



What color is your shape? Is the shape in the same place the voice was?

Slowly move the shape away from your head, down towards your shoulder, how does it feel now – most say it feels less powerful, amazing, hey?

Allow the shape to move from your shoulder down your arm towards your elbow, how does it feel now, is the negative emotion vanishing? Yes? when it gets easier and quicker to remove the negative voice each time you try it.

# Deleting Negative Thoughts

Allow the shape to move from your shoulder down your arm towards your elbow, how does it feel now, is the negative emotion vanishing? Yes?

Let the shape continue further down from your elbow to your hand, notice how your negative emotions lose strength the further down the shape goes, move the shape to your leg, at its own speed allow the shape to drop down from your leg to your knee – how does it feel now? Less powerful?

Move it from your knee to your foot, is the negative feeling vanishing? With the shape on your foot, how do you feel, more positive?

Finally, allow the shape to fall onto the floor – what do you want to do to the shape? Kick it away? Stamp on it? Put it under your chair?

Move the shape so you can't see it, now how do you feel, have all the negative emotions vanished? Most said they vanished a long time ago. How easy and amazing is this exercise?

Try this exercise 3 times and notice how it gets easier and quicker to remove the negative voice each time you try it.



# JOURNAL PROMPT

Date: \_\_\_\_\_

Start by writing your 3 negative thoughts and how the above exercise made you feel. Then write 3 affirmations that counter those thoughts.

Ex: I'm fat that's why no one loves me.

Affirmations: I am beautiful and Curvy and that makes me feel strong.

NEGATIVE THOUGHT 1

NEGATIVE THOUGHT 2

NEGATIVE THOUGHT 3

AFFIRMATION 1

AFFIRMATION 2

AFFIRMATION 3

”

Be fearless in  
the pursuit of  
what sets your  
soul on fire

Choose 1 or all of your affirmation

*My Affirmations*

Cut out & visit daily

**Self-Care is an important component in cultivating self-love and self-acceptance. Use this Self-Care Planner to get started!**

# SELF-CARE PLANNER

Date: \_\_\_\_\_ Month: \_\_\_\_\_ Year: \_\_\_\_\_

## Today's Mood



## Self-Care List

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## Things that made Me Happy Today

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3. ....
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5. ....

## Affirmation

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## Inspiration

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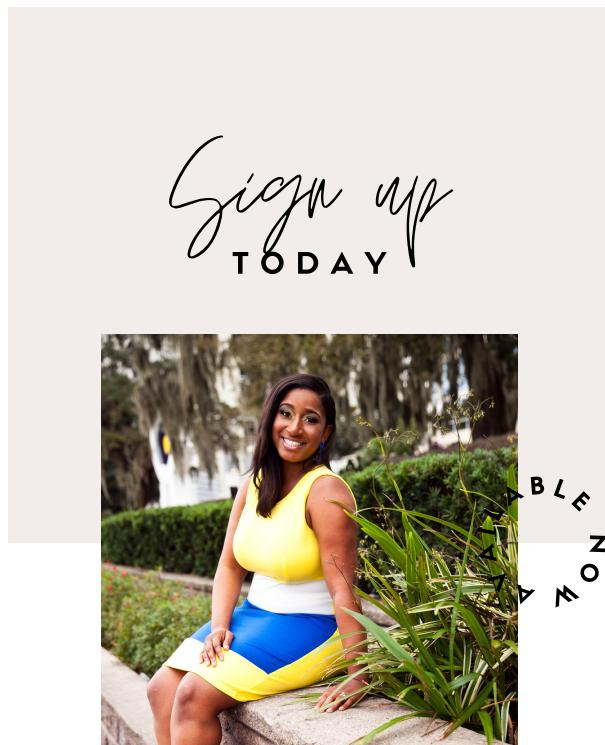
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## Inspiration

Are you ready to “Stop Doubting and Start Winning” and learning to love WHO YOU ARE again?

If yes, then start with a complimentary 30-min  
“FREE DISCOVERY” session with  
Coach Shakiyah Sherill,LPCA.



1 ON 1 COACHING

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