

THE SELF-LOVE HANDBOOK



CHECKLIST

Introduction: What is self-love

- ☐ Love is the foundation of happiness
- ☐ Lack of self-love root of all problems

Finding the self

- ☐ The centre of every religion and spiritual sect
- ☐ "Self" called many names - "I AM", soul, oversoul, Christos, overman etc
- ☐ How to find
 - ☐ Austeric practices
 - ☐ Meditation
 - ☐ Fasting
 - ☐ Silence
 - ☐ Nature
 - ☐ Other Methods
 - ☐ Detach from material objects
 - ☐ Review your life objectively
 - ☐ Become independent in every way

Self-Love and the shadow

- ☐ Shadow work v law of attraction
- ☐ What we pay attention to always grows in scope - problems or solutions
- ☐ But shadow work integral to self-love
- ☐ All about the shadow
 - ☐ We project our failings to other people
 - ☐ Cannot be seen
 - ☐ Takes moral courage to counter our shadows
 - ☐ Shadow work key to enlightenment
- ☐ The dark side of self-love
 - ☐ Everyone is a mirror
 - ☐ You see your own flaws in other people
 - ☐ Other people are our greatest teachers
 - ☐ Especially the ones we hate

Building self-love

- ☐ Purification
 - ☐ Prayer
 - ☐ Meditation
 - ☐ Yoga
 - ☐ Removal of negative beliefs
 - ☐ Reading of inspiring material
 - ☐ Removing technology
 - ☐ Works best done together
- ☐ Daily Exercises
 - ☐ Exit toxic environments
 - ☐ Take advantage of waking and sleeping states
 - ☐ Keep a gratitude journal
 - ☐ Treat yourself regularly
 - ☐ Meditate on love
- ☐ Feel good at all times
 - ☐ Nothing wrong with feeling good
 - ☐ No nobility in suffering through life
 - ☐ Do not accept societal limitations

Alternative self-love strategies

- ☐ Anything that relaxes you or puts you in a good place
- ☐ Self-love teachers
 - ☐ Osho
 - ☐ Krishnamurti
 - ☐ Don Miguel Ruiz
 - ☐ Marianne Williamson
 - ☐ Alan Watts
- ☐ Quickest paths to self-love
 - ☐ Eye gazing
 - ☐ Discipline and focus
 - ☐ Meditating on love
- ☐ Organization and Cleanliness
 - ☐ Clean up outside environment
 - ☐ Minimalism
 - ☐ Clean up toxic relationships

The complexity and psychology of self-esteem

- ☐ Many difficulties quantifying self-esteem
- ☐ Self-esteem mainly stems from our attachment
- ☐ Self-love is non-attached. Differs from self-esteem
- ☐ Building self-esteem
 - ☐ No set routine
 - ☐ Different for each individual
 - ☐ Has to come from within
 - ☐ Variety of methods - person has to make an empowered decision to get better
- ☐ Figuring out self-esteem
 - ☐ No correct way forward
 - ☐ Select what works for you
 - ☐ Opposite techniques will work for different people
- ☐ Practical techniques
 - ☐ Always place your health first
 - ☐ Save money - it always helps
 - ☐ Build competence
 - ☐ Focus on one thing
 - ☐ Meditate
 - ☐ Inner Assessment
 - ☐ Reframe everything to your advantage

Mastering thoughts and emotions

- ☐ Thoughts determine reality
- ☐ Mastering thoughts
 - ☐ Thoughts gain momentum
 - ☐ If you can consistently focus on positive thoughts, momentum will be gained
 - ☐ Consistency, focus, and dedication are vital
 - ☐ Mastering thoughts is your only objective
- ☐ Mastering Emotions
 - ☐ Thoughts lead to emotions
 - ☐ But emotions can be generated on their own without a thought
 - ☐ You can summon love without an object

- ☐ A note on beliefs
 - ☐ A belief is a repeated thought
 - ☐ No basis in reality
 - ☐ Limiting beliefs can be deactivated
 - ☐ Cannot feel two opposite emotions simultaneously
 - ☐ Limiting beliefs are the biggest blocks to self-actualization

The power of habits

- ☐ Mastering positive habits is the key to self-development
- ☐ Habits can correct subconscious tendencies
- ☐ The subconscious
 - ☐ Does over 90% of all daily activity
 - ☐ Brain is very limited
 - ☐ Must bring subconscious into conscious awareness
- ☐ How to master habits
 - ☐ An individual is just a collection of habits
 - ☐ 3 days for the body to adapt
 - ☐ 21 days for a habit to become ingrained (i.e mind to adapt)
 - ☐ Maintaining positive thoughts is the ultimate habit
- ☐ Good habits to master
 - ☐ Affirmations
 - ☐ Getting the morning right
 - ☐ Waking and sleeping states
 - ☐ Technology reduction
- ☐ Habits are Hard
 - ☐ Once established, hard to remove
 - ☐ But same applies for good habits
 - ☐ Can target keystone habits for domino effect

Creative ways to boost self-love

- ☐ Creativity is enjoyable
- ☐ Creativity and Imagination
 - ☐ Don't be a copycat
 - ☐ Originality is needed for success
 - ☐ Cannot be happy simply replicating another person.
- ☐ Creative practices
 - ☐ Spontaneity
 - ☐ Get outside your comfort zone
 - ☐ Creative writing, singing, dancing, art, martial arts, travel etc
 - ☐ List is infinite
 - ☐ Creativity can help to correct subconscious tendencies
 - ☐ Like all things, you need to be consistent to unlock the benefits of creativity
- ☐ The intuition
 - ☐ Must be developed to lead a fulfilling life
 - ☐ Linked with creativity and imagination
 - ☐ An intuitive life is far easier than living from the mind

Conclusion

- ☐ Self-love is your natural state
- ☐ Key to transformation
- ☐ Confidence is no more than being aligned with who you really are