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# SELF LOVE

Prompts to follow along with audio recordings



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WITH

*Sukaina Rajani*



WHAT IS SELF LOVE?

A large, empty rectangular box with a light blue border, intended for a response to the question above.

WHY IS SELF-LOVE SO IMPORTANT?

A large, empty rectangular box with a light blue border, intended for a response to the question above.

WHY IS IT SO HARD FOR US TO  
LOVE OURSELVES?

A large, empty rectangular box with a light blue border, intended for a response to the question above.

# BARRIER TO SELF LOVE #1

Your inner critic

&

Self limiting beliefs

# MY MANTRAS



SELF *affirmation* SETS

## BARRIER TO SELF LOVE #2

*Fear of*

**NOT**

*Being liked*

## BARRIER TO SELF LOVE #3

*Feeling uncomfortable with*

**CONTENTMENT & HAPPINESS**

*Self Love*

ACTIVITIES