

fet fore In:

A 30-Day Guide to Loving Yourself

by Venessa Marie Perry



My journey to self-love.

"Looking for love in all the wrong places. Looking for love in too many faces. Searching their eyes looking for traces of what I'm dreaming of. "-Johnny Wynn

When I was a teenager, I used to listen to the resident slow jam DJ nightly. R&B was big in the '70s and '80s and I dreamt of the love that I heard about on the radio. Music was part of my lifeline. The more mushy the love song, the more I loved it. Between that and books, I became a full-blown romantic who believed that love could conquer all. It took me the better part of twenties to actually find the love that I was seeking. And it wasn't in books, movies, music, or men. In the midst of a desperate situation, I found it on my knees in the middle of my basement floor.

"...Because greater is He, that is in you than He that is in the world."-1 John 4:4

On the outside it looked like I had everything, but it didn't fill the deep longing in my spirit. I didn't love myself enough to not be abused, mistreated and disrespected. It was through my connection with God, that I found true love. The one that would love me when I was at my most unlovable and no one else loved me.

Without self-love we're empty. We often look outside of ourselves to fill that emptiness, only to realize that nothing and no one can love us like we can. It took me falling into a fetal position of prayer with my knees pushed into my chest on the lowest level of my Washington, DC home to finally understand that I couldn't love someone else until I first loved myself.

The same applies to you - you have to fill your cup up first to allow the right kind of love to enter in. If you're experienced the wrong kind of love while on a quest to fill some emptiness inside, this 30-day journey to self-love is for you.

Together, we'll discover the love that's deep inside of you through daily devotionals, all aimed at helping you create the healthy behaviors, habits and dedication necessary to cultivate the most important love you'll ever experience - love for self.

Let's begin to let love in.

Let Love In!

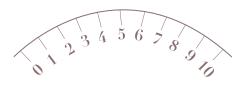
Let's begin your journey. #LetLoveln

Think of this as your own love journey to self-discovery, an exploration of truth, and an affirmation of the love that you deserve from the manifestation of God's love within you.

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Date _____

Self- love barometer (circle one):



At the end of this journey I want to feel

How do you feel about beginning your journey of self-love?

(continued on next page)

Write a letter to yourself about the first time you knew love.

"We are the average of the five people we spend the most time with." - Jim Rohn

| Who are you? | | |
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| Who loves you? | | |
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| Who do you love? | | |
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| I am destined for | | |
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| l live for | | |
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| All I want is | | |



"Those who are unaware of history are destined to repeat it."

-George Santayana

How I Got Here:



"Empty your cup so that it may be filled; become devoid to gain totality." - Bruce Lee

How do you feel? Leave it all on the page.

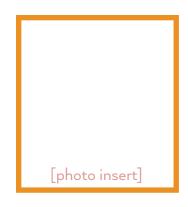
This much is true...

"I am not beautiful like you, I am beautiful like me."

-Unknown

These five attributes make me attractive, inside and out.

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"I'm not perfect, but I'm worth it." - ^{Unknown}

What do you believe makes you unattractive inside and out?

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Release & Reflect.

As a young girl, I was teased because I was thin. Actually I was skinny. I was so self-conscious about it that in junior high, I didn't even want to put on a bathing suit during gym class. In high school, I wasn't comfortable wearing shorts as part of my track or basketball uniform. I internalized that self-consciousness and actually began to believe that I was ugly and unlikeable. It took me many years to let go of those feelings and convince myself that I was indeed beautiful.

What feelings are you holding on to from your past?

"... I am fearfully and wonderfully made." -Psalm 139:14

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"Take care how you speak to yourself, because you are listening." - Lisa M Hayes

Daily Affirmations

| 1. | |
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| 2. | |
| 3. | |
| 4. | |
| 5. | |

You get what you give.

Today I give myself permission to _____

so that I can_____

"What have you done for me lately?" -Janet Jackson

Love is an action, not an emotion or a feeling. How do you show love to yourself?

Enjoy life, even when life gives you no one to enjoy it with besides yourself.

- Love, Venessa.

Write about a time when you felt full of love.

Live a little.

Create a daily ritual in which you show yourself love each day.

Release and Reflect.

Sometimes you have to create your own eat, pray, love experience. I had mine the same year Elizabeth Gilbert came out with the book by the same title. I went to Paris and Madrid after a break up to heal and fall in love with myself all over again. It was life (and love) changing for me,

Have you given yourself space to eat, pray and love?

"You owe yourself the love that you so freely give to other people."

- Venessa Marie Perry

How do you plan to take your love back?

"Be wary of the company you keep for they are a reflection of who you are or who you want to be."

-Kenneth Ortiz

I choose to surround myself with positive people. People who fill me up and lift me up. People whom I like and who love me, unconditionally... for free.

My self- love circle:

" Sometimes saying no can save you from life's greatest pains." -Unknown

From this day forward, I'm saying "NO" to

"I took a vow that from now on, I'm going to be my own best friend." -Beyoncé

What does this quote mean to you?

"If you let me, here's what I'll do -I'll take care of you."

-Drake

Take care.

Today I showed myself love by

"All you need is love." -John Lennon

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"And then one day, I discovered my own light, my own inner gangster. I snatched my power back and the game changed." -Unknown

Release and Reflect.

What's changed for you since you started this self-love journey?

If I knew then what I know now, I'd be different.

What do you know now that you didn't know at the beginning of this journey?

"Forgive yourself for not having the foresight to know what now seems so obvious in hindsight."

- Judy Belmont

I forgive myself for loving me less than what I now know I deserve, and especially for

Let me count the ways.

Five reasons I love me more than I did before.



"You never know how strong you are until being strong is the only choice you have." - Unknown

Write about a time when you had to be strong.



"Don't let happiness depend on something you may lose." -CS Lewis

| promise to get my | happiness from | |
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and to sincerely love me before I try to love anyone else.

Self-love is the best medicine.

The more I love myself, the more I



"I'm starting with the [wo]man in the mirror." -Michael Jackson

How will you continue to love the woman in the mirror?

"Attract what you expect, reflect what you desire, become what you respect, mirror what you admire." - Unknown

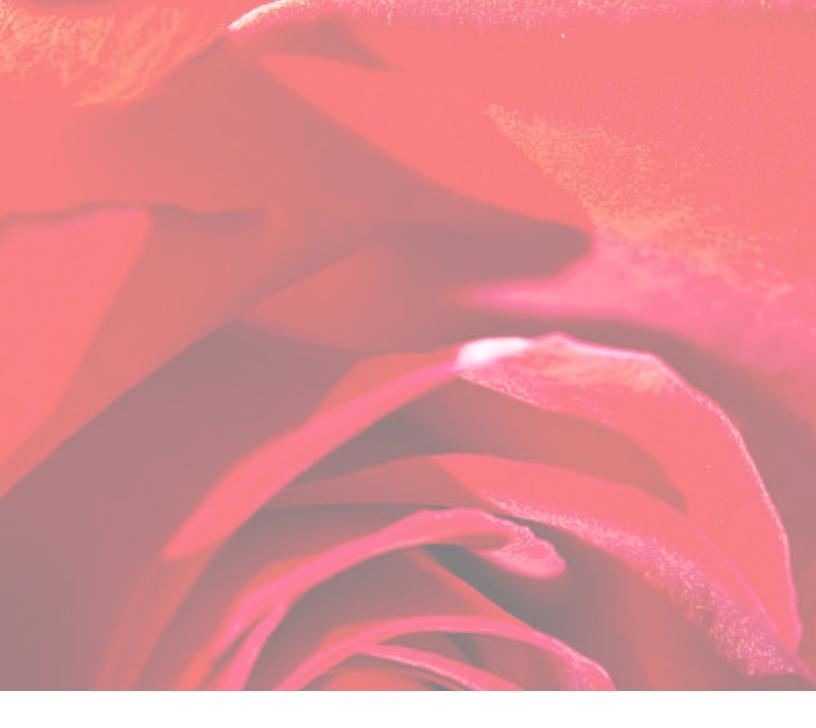
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Your self-love covenant.

I promise I will love myself before I love anyone else. I am responsible for my own happiness. I will surround myself with people who are positive and pour into my life. I will let go of the past because it does not define me. Every day is a new day. I speak words of love and encouragement over my life because I have the power. I am a child of the Most High God and I am loved.

All My Love,

(Your Name)



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