



SELF

28 Day Workbook

LOVE

28 Days of Self Love

An introduction...

According to the work of John Gottman and Robert Levenson, who closely studied the effects of negativity vs positivity, they suggested a ratio of 5:1, meaning that **for every negative encounter, there should be a minimum of five positive ones to counterbalance the effects of the first.** What this means is if you have 1 negative experience you need to counterbalance that experience with 5 good experiences!

We are faced with so much that can bring us down on a daily basis, whatever it may be Self love should be a daily routine and repeated as needed, so for the next 28 days that's exactly what we are going to do together, work on our self love routines.

Have fun, and enjoy the process, you deserve to be loved.

xx

QUICK NOTE:

This is a fillable workbook with links please be sure to download it before you add your information so that you do not lose any of your information.

This workbook was designed so that you could follow along with the Instagram prompts for each day of February 2021 (leap year), it also has an accompanying audio download with self love affirmations from me to you.

YOU'RE
GIVEN THIS
LIFE
BECAUSE
YOU'RE
STRONG
ENOUGH TO
LIVE IT.

What you will need

This will help prepare you for the daily prompts and exercises

01

Follow The Imagepreneur on Instagram for the daily prompts
[@the_imagepreneur](#)

02

Beautiful writing paper and envelopes

03

Self love Affirmations audio (created by The Imagepreneur) [FREE download](#)

04

A journal and your favourite pen

05

Stock up on your favorite medium to get creative (arts and crafts)

06

Your favorite collection of pamper goodies

07

A new book (click [HERE](#) for inspiration)

LETS GET STARTED...



LOVE

Day 1 - 10

Day The Challenge

01

In your journal write down 5 things you love about yourself and 5 things you do not. What is it about these things you love/do not love.

02

03

04

05

06

07

08

09

10

Day 1 - 5

Day

Your Answer

01

02

03

04

05

Day 6 - 10

Day

Your Answer

06

07

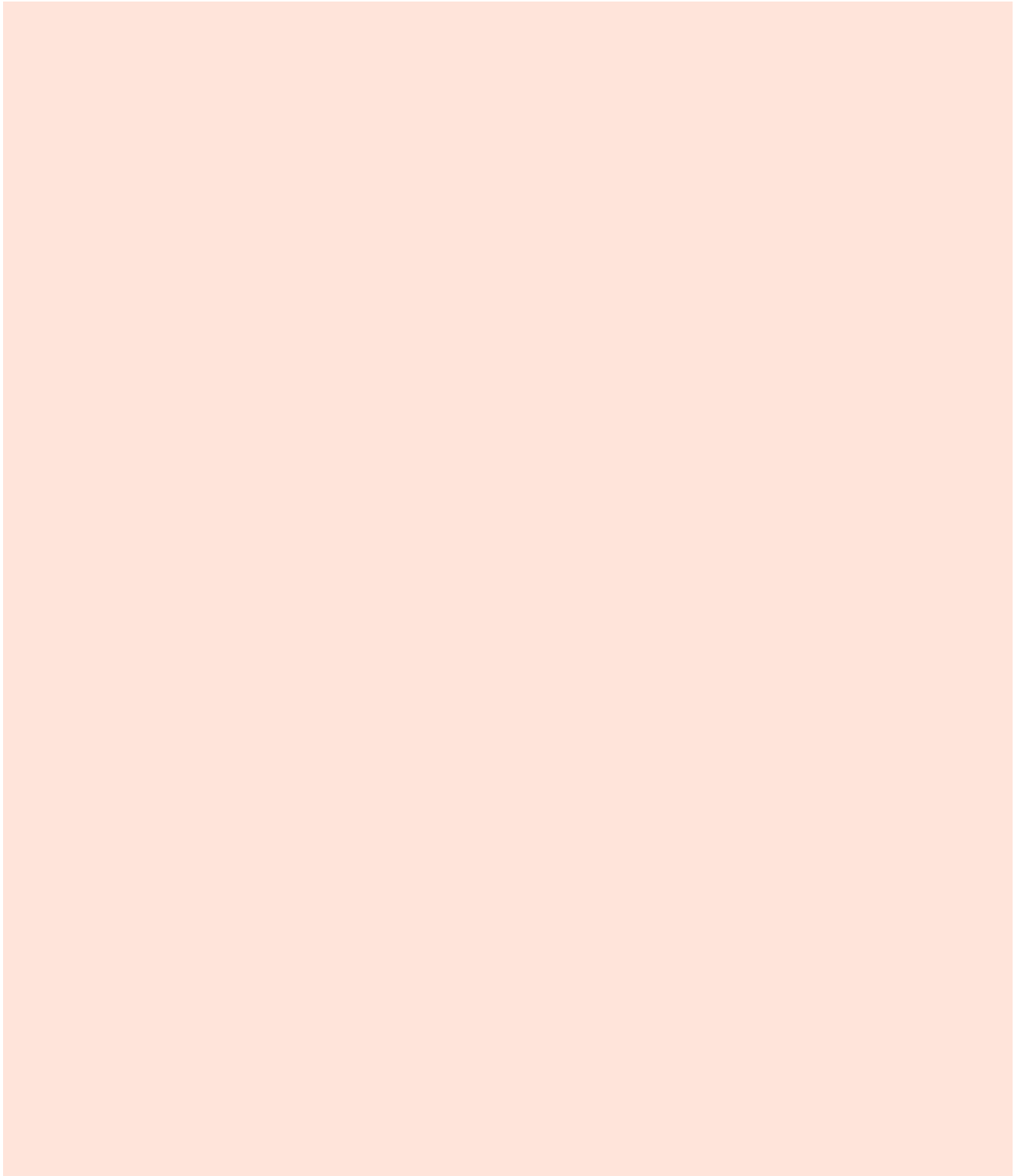
08

09

10

Notes to Self (Day 1 - 10)

What have I learnt - what is my biggest take away



Day 11 - 20

Day The Challenge

| | |
|----|--|
| 11 | |
| 12 | |
| 13 | |
| 14 | |
| 15 | |
| 16 | |
| 17 | |
| 18 | |
| 19 | |
| 20 | |

Day 11 - 15

Day

Your Answer

11

12

13

14

15

Day 16 - 20

Day

Your Answer

16

17

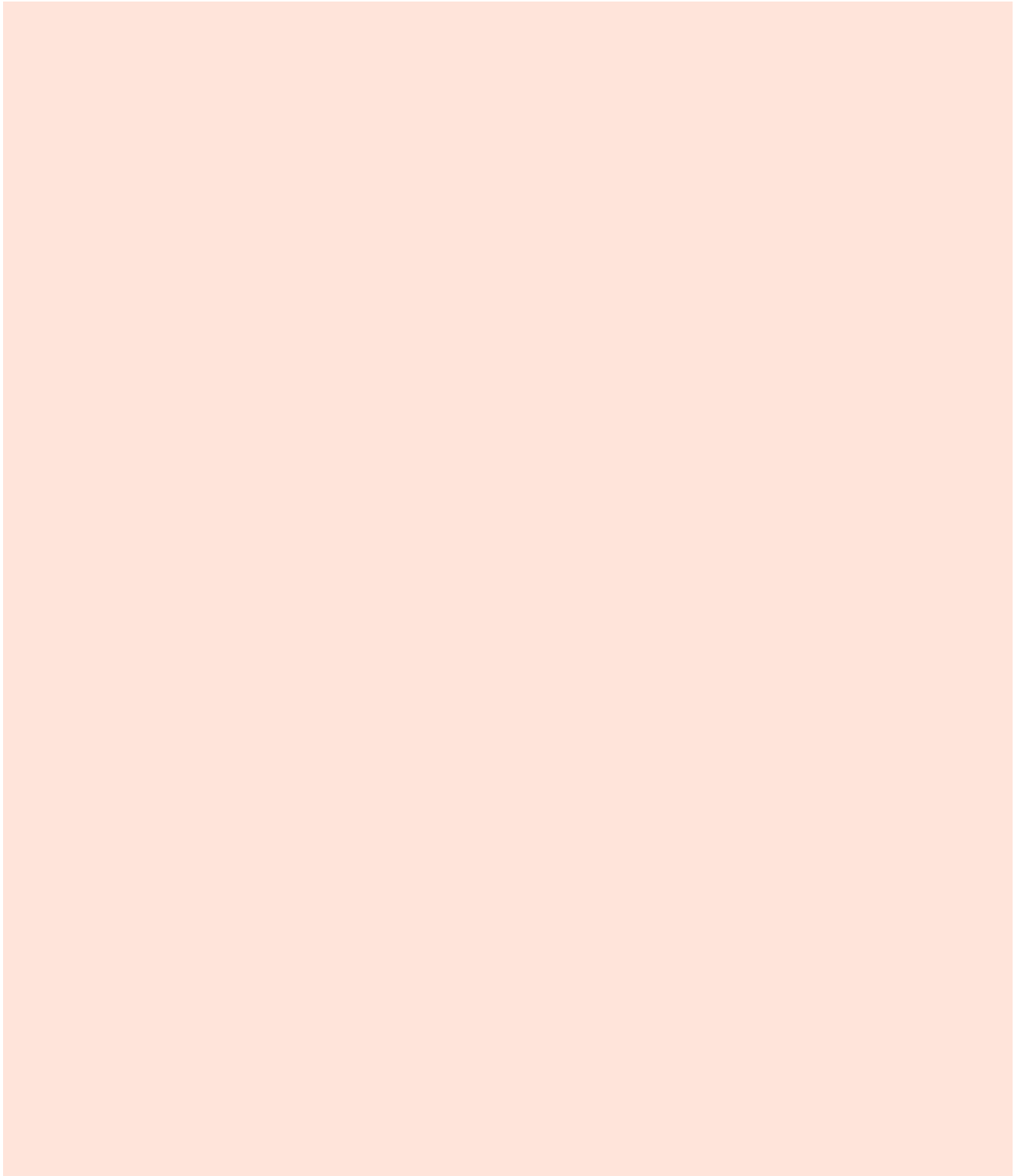
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19

20

Notes to Self (Day 11 - 20)

What have I learnt - what is my biggest take away



Day 21 - 28

Day The Challenge

21

22

23

04

25

26

27

28

Day 21 - 25

Day

Your Answer

21

22

23

24

25

Day 26 – 28

Day

Your Answer

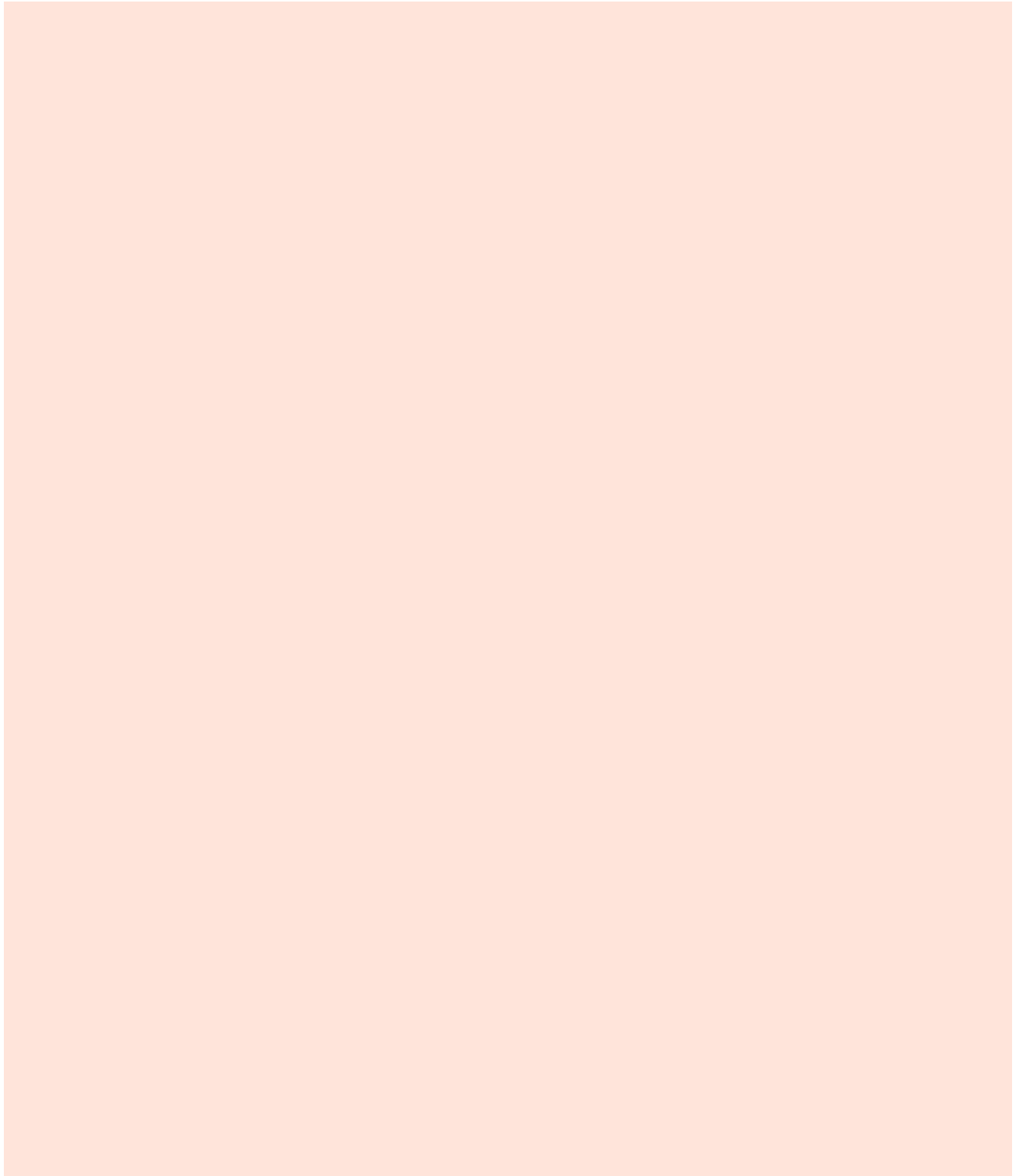
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28

Notes to Self (Day 21 - 28)

What have I learnt - what is my biggest take away



About The Imagepreneur

A Message from The founder

The Imagepreneur is an Image Consulting and Personal Branding Company investing in both the external appearance as well as the internal well being of every client, with over 23 years in the fashion industry we pride ourselves on a long and successful track record. We work with two elements your external style and internal confidence to build an authentic beautiful you from the inside out.

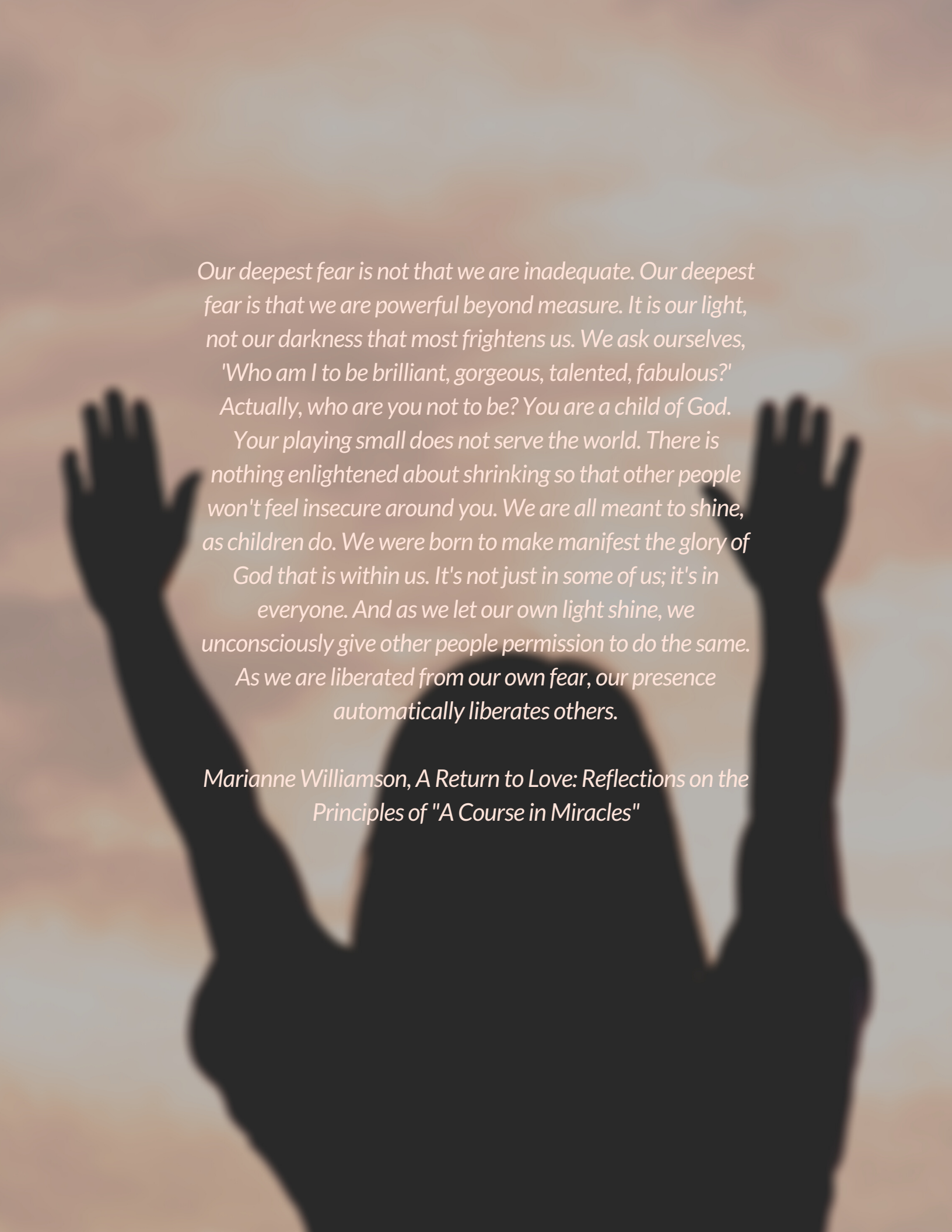
I hope you found value in all that you have done these past 28 days, that you have enjoyed the self love process and continue to follow the steps whenever you feel the need.

I would love to see how you get on so tag me in your self love posts on Instagram or send me a dm to let me know how its going. xx

Yours in Self Love



Darlene

A silhouette of a person with their arms raised in a gesture of praise or prayer, set against a soft, warm sunset background. The person's head is bowed, and their arms are extended upwards, with hands open. The background is a gradient of light orange and yellow, suggesting a low sun.

Our deepest fear is not that we are inadequate. Our deepest fear is that we are powerful beyond measure. It is our light, not our darkness that most frightens us. We ask ourselves, 'Who am I to be brilliant, gorgeous, talented, fabulous?' Actually, who are you not to be? You are a child of God. Your playing small does not serve the world. There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do. We were born to make manifest the glory of God that is within us. It's not just in some of us; it's in everyone. And as we let our own light shine, we unconsciously give other people permission to do the same. As we are liberated from our own fear, our presence automatically liberates others.

Marianne Williamson, A Return to Love: Reflections on the Principles of "A Course in Miracles"