

Mindfully Cultivating

Self-Love



This 6 week series will teach you why self-love is such a crucial part of healing and how to develop it through compassion, understanding, acceptance, and forgiveness. We will learn how taking care of ourselves in mind, body, and spirit can help us to live as the person we want to be and better serve the world around us.

Session 1: Why is Self-Love So Important

- What is self-love
- Self-love and healing
- Peace within
- Cultivating self-love

Session 2: Cultivating Self-Compassion

- What is self-compassion
- How does it help me?
- Cultivating self-compassion

Session 3: Developing Understanding

- Understanding our suffering and how it affects us
- Understanding our needs

Session 4: Practicing Acceptance

- There is no perfect
- Using our flaws as strengths
- No more judgment

Session 5: Practicing Forgiveness

- There is only the present
- Healing the past in the present
- Living intentionally

Session 6: Living In Self-Love

- Self-love in everyday life
- Using self-love to heal
- Using self-love to be the person you want to be