

Self-Love Diet E-Course: Building the Foundation for Self-Love

Supplies and Day Activities

There are three days throughout this e-course where you will either need specific supplies for your SLD activity, or you will need to schedule an out-of-the house trip. Plan ahead for Day 23, 34, and 35.

Day 23

Separating Your Inner Critic from Your Authentic Self

Chapter Six "How Do You Begin to Love Yourself" - pages 28-36

Action:

You're going to focus on what your inner critic looks like so you can separate this part from your compassionate self. It will help if you take the time to draw your inner critic and try out different accents and voices until your inner critic has a distinct sound.

You may decide to look for images in magazines like I did and find an image that captures your inner critic.

Put your drawing, collage or picture of this part of you in your Self-Love Diet journal, or paste it on an index card and keep it close at hand until you are able to differentiate it from your loving, compassionate self.

Supplies:

If you are going to draw your inner critic, you will need paper, or an index card, and possibly a pen, pencil, colored pencils, markers, crayons or pastels.

If you are going to find an image of your inner critic, you will need some magazines.

If you are going to make a collage of your inner critic, you will need paper, cardboard, stock paper or an index card, as well as glue sticks or rubber cement and magazines and scissors.

Day 34

Living in the Present Moment and Cultivating Awareness

Chapter Eight "Is Healing Possible?" – pages 46–53

Action:

Think of an activity that you enjoy: walking, painting, yoga, talking with a friend, going to your favorite nature spot, going out to eat. Once you have the activity in your mind, do it. While immersed in that activity, practice being in the present moment and practice cultivating awareness. Call on all of your senses. What do you hear? Feel? See? Smell? Taste?

Supplies:

Depending on the action you chose, you may need specific supplies. If today you want to square away some time to paint, check your painting supplies. Do you need to pick up a canvas?

Day 35

Nature as a Healing Self-Love Diet Tool

Chapter Eight "Is Healing Possible?" – pages 46–53

Action:

On day 35, I ask you to get out your calendar and set a day trip to get out into nature. You can schedule it for day 35, or you can schedule it for another day. If you can, spend a weekend, week or longer out in nature and take notice of its effects. You can still benefit from this activity even if you sit out in your backyard.

After you have experienced time in nature, as well as the other SLD tools for healing, you'll write about your experience focusing on what you noticed as you consciously chose to add healing practices into your life.

Blessings on your Self-Love Diet journey!

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