

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

Topic Outline & Reading Schedule

This document goes over the reading schedule for this e-course, as well as the topics you will be focusing on each day.

Each week consists of three emails. The first two emails of each week, you'll have three days to work with, and the last email of each week is a reflection email. For example, if you start the e-course on Monday, you'll receive an email each Monday and Thursday with a Self-Love Diet focus, reading, and writing assignment, and each Sunday you'll receive a reflection email to reflect on the Self-Love Diet work you did for that week.

Week 1:

Day 1

Getting Started: Navigating Private Facebook Group Video Tutorial, SLD private Facebook Group Introductions

Introduction Documents:

- Self-Love Diet E-Course: Building the Foundation for Self-Love Topic Outline & Reading Schedule (this document)
- Self-Love Diet E-Course: Building the Foundation for Self-Love Supplies and Day Activities Outline
- Self-Love Diet Private Facebook Group Posting Guidelines

Day 2

Setting Your Self-Love Diet Intentions

No Reading

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Day 3

Reflection on the Past Week's Self-Love Work & Creating Your Support Circle Activity – SLD Private Facebook Group Check-in

No Reading

Week 2:

Day 4

Commitment to Regularly Offering Yourself Love

Introduction – pages xv to xvii

Part One Introduction – pages 1 and 2

Day 5

Cultivating Mindfulness and Appreciating What Your Body Does For You

Chapter One "¡Qué Lastima!" – pages 3–5

Day 6

Reflection on the Past Week's Self-Love Work – SLD Private Facebook Group Check-in

No Reading

Week 3:

Day 7

Imagining Body Love and Acceptance

Chapter Two "Dancing in the Light of the Moon" – pages 6–10

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Day 8

Using Online Resources to Enhance Body Acceptance

Chapter Two "Dancing in the Light of the Moon" – pages 6–10

Day 9

Reflection on the Past Week's Self-Love Work – SLD Private Facebook Group Check-in

No Reading

Week 4:

Day 10

The Impact You Have on Others When You Love Yourself

Chapter Three "Our Bodies as Mirrors to Our World" – pages 11–15

Day 11

How Has the Diet Mentality Impacted Your Life?

Part Two Introduction – pages 17 and 18

Chapter Four "The 'D' Word" – pages 19–22

Day 12

Reflection on the Past Week's Self-Love Work – SLD Private Facebook Group Check-in

No Reading

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Week 5:

Day 13

Redefining and Reclaiming the Word Diet

Chapter Five "Diet Redefined: A Diet of Regularly Offering Yourself Love" – pages 23–27

Day 14

Acting As If You Love Yourself through Noticing and Consciously Changing Your Thoughts

Chapter Five "Diet Redefined: A Diet of Regularly Offering Yourself Love" – pages 23–27

Day 15

Reflection on the Past Week's Self-Love Work – SLD Private Facebook Group Check-in

No Reading

Week 6:

Day 16

Comparing a Life Focused on Self-Love vs. a Life Focused on Weight Loss

Chapter Five "Diet Redefined: A Diet of Regularly Offering Yourself Love" – pages 23–27

Day 17

Getting Playful and Speaking Lovingly to Yourself Out Loud

Chapter Five "Diet Redefined: A Diet of Regularly Offering Yourself Love" – pages 23–27

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Day 18

Reflection on the Past Week's Self-Love Work – SLD Private Facebook Group Check-in

No Reading

Week 7:

Day 19

What is the Most Loving Thing I Can Do in this Moment?

Chapter Five "Diet Redefined: A Diet of Regularly Offering Yourself Love" – pages 23–27

Day 20

Creating a List of Actions You Can Take to Act As If You Love Yourself

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

Day 21

Reflection on the Past Week's Self-Love Work – SLD Private Facebook Group Check-in

No Reading

Week 8:

Day 22

Paying Attention to and Challenging Your Thoughts

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

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Day 23

Separating Your Inner Critic from Your Authentic Self

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

Day 24

Reflection on the Past Week's Self-Love Work – SLD Private Facebook Group Check-in

No Reading

Week 9:

Day 25

Adopting the Five-Step Process – Catching, Confronting and Changing Your Negative Thought Patterns

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

Day 26

Neutralizing and Letting Go of Your Thoughts

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

Day 27

Reflection on the Past Week's Self-Love Work – SLD Private Facebook Group Check-in

No Reading

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Week 10:

Day 28

Becoming Aware of Your Everyday Healing and Invisible Successes

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

Day 29

Healing through Deep Breathing

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

Day 30

Reflection on the Past Week's Self-Love Work – SLD Private Facebook Group Check-in

No Reading

Week 11:

Day 31

Healing through Instant Replaying a Positive Memory

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

Day 32

Creating Your Safe Place

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

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Day 33

Reflection on the Past Week's Self-Love Work – SLD Private Facebook Group Check-in

No Reading

Week 12:

Day 34

Living in the Present Moment and Cultivating Awareness

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

Day 35

Nature as a Healing Self-Love Diet Tool

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

Day 36

Reflection on the Past Week's Self-Love Work – SLD Private Facebook Group Check-in

No Reading

Week 13:

Day 37

Eating When You Are Physically Hungry

Chapter Nine "I Can't Eat Love, So What Do I Eat?" | Focus on #1 – pages 53–55

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Day 38

Stop Eating When You Are Satisfied

Chapter Nine "I Can't Eat Love, So What Do I Eat?" | Focus on #2 – pages 55 and 56

Day 39

Reflection on the Past Week's Self-Love Work – SLD Private Facebook Group Check-in

No Reading

Week 14:

Day 40

Notice if You Have Food Rules and Categories

Chapter Nine "I Can't Eat Love, So What Do I Eat?" | Focus on #3 – pages 56 and 57

Day 41

Test Driving Foods & Discerning Your Body's Cues

Chapter Nine "I Can't Eat Love, So What Do I Eat?" | Focus on #3 – pages 58 and 59

Day 42

Reflection on the Past Week's Self-Love Work – SLD Private Facebook Group Check-in

No Reading

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Week 15:

Day 43

Mindfully Bring Gratitude to All of the People Who Grew, Packaged, Delivered, Sold and Perhaps Cooked this Food for You

Chapter Nine "I Can't Eat Love, So What Do I Eat?" | Focus on #4 – pages 59 and 60

Day 44

Setting the Table for Your Meals and Treating Yourself Like an Important Guest

Chapter Nine "I Can't Eat Love, So What Do I Eat?" | Focus on #5 – page 60

Day 45

Reflection on the Past Week's Self-Love Work – SLD Private Facebook Group Check-in

No Reading

Week 16:

Day 46

Distinguishing Between Body Hunger and Emotional Hunger

Chapter Nine "I Can't Eat Love, So What Do I Eat?" | Focus on #6 – pages 61 and 62

Day 47

Learning the Symbolic Messages of Your Food Cravings when Your Body is Not Physically Hungry and Taking Non-Food Action Steps that Fill Your Symbolic Cravings

Chapter Nine "I Can't Eat Love, So What Do I Eat?" | Focus on #7 – pages 62-64

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Day 48

Reflection on the Past Week's Self-Love Work – SLD Private Facebook Group Check-in

No Reading

Week 17:

Day 49

Reflect on the Entire E-Course's Self-Love Work – SLD Private Facebook Group Check-in

No Reading

Day 50

Mapping Out Your Self-Love Diet Practice

No Reading

Day 51

Reflect and Discuss Your Self-Love Diet Map – SLD Practice Facebook Group Check-in

No Reading

We're excited to see the impact we make as we all embark together on this Self-Love Diet journey!

Blessings,

Micelle E. Minero, MFT and Emelina Minero

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