

*There might be a lockdown,
but it's not for creativity.*



By Gargi Arya



A GUIDE TO SELF LOVE

- 1. Habits**
- 2. Affirmations**
- 3. Worksheet**

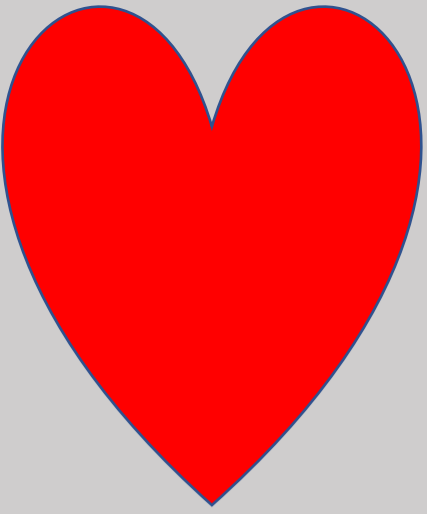




Reminder!

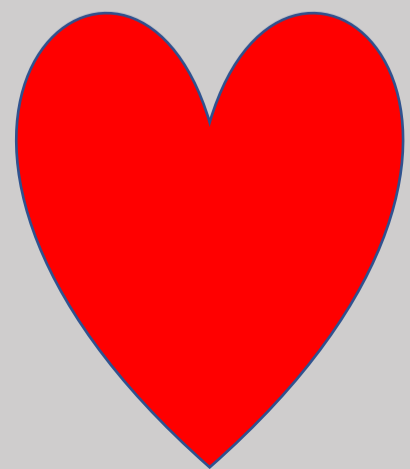
***Self- love isn't selfish. You
have to know it's power.
It's a prerequisite before
any project you start for
your life.***





HABITS to cultivate self-love

1. Do what you love
2. Meditate
3. Spend some time alone and reinvent yourself
4. Learn something new each day
5. Watch or read something in order to get inspiration
- ❖ Opportunities come to those who actually go out to find them. Don't just sit there!
6. Dress like your ideal self, walk and talk like your ideal self.





Mirror Exercise



Have you ever heard of the mirror exercise? It is recommended by Jack Canfield, one of the most inspiring people in the world. It's a very simple exercise. All you need to do is, just stand in the front of the mirror before going to bed and appreciate yourself for the wins and success you

received today, remind yourself of your own value and just take a moment to see the beauty around you. At the last, say “I love you” to the person you see in the mirror. You have to maintain the eye contact. First time you may find it funny or you may even cry, but believe me with consistency, everything falls into line!

An example might be –

Hey Gargi, I want to take time today to reflect, recollect and appreciate for what you did today. Gargi, you are really doing an amazing job, your hard work will never pay off. The efforts you put will never go in vain. You are an action taker. I appreciate you for including hour of power in your daily schedule, I appreciate you for waking up at 4:50 am every morning. I appreciate for learning new things every day, just keep up your good work. Now, you need to relax, so before you go, I just want to say that “I love you”.

This exercise will surely bring a big difference in your life, by doing this you are simply feeding your subconscious with positive and uplifting thoughts. You become what you think. Be a real man, be a lover of life. The more you will love it, the more life will love you back. Your thoughts have enormous power to kill you, but when you take the remote, it's all yours.

If you feel that you will be disturbed by the presence of anyone else in the room, tell the person to sit in the next room. Make sure it's not a selfish act, after getting inspired from your actions, maybe the other person starts doing. You are the support of the sea beneath you. You are awesome and just beautiful.

All you do is for your own betterment. If you will grow, the world will also grow.

AFFIRMATIONS

Affirmations are the positive statements or daily reminders to help you realize your self – worth and the importance of self- time. The best time to practice them is in the morning when you wake up and before going to bed. If your environment is right, then maybe you should try speaking them aloud.

AFFIRMATIONS TO PRACTICE

1. I am alive
2. I am loved
3. I am a positive light
4. I am an inspiration to others
5. I love myself
6. I am awesome
7. I am everything I need
8. I have the power to change
9. I am full of gratitude
10. I attract opportunities

50 Beautiful Self Love AFFIRMATIONS

- Self-love means accepting who I am.
- I am so much more than just a physical body.
- I am a soul full of love.
- My soul deserves to be nurtured.
- Beneath my exterior is a soul that deserves to be honored.
- It forms the essence of my being and is meant to be treated with respect.
- Self-love means accepting who I am on the inside. The perspective of the outside world is irrelevant.
- When I achieve a sincere love for the person I am on the inside, positive self-talk occurs naturally.
- Building self-love happens from the inside out.
- I treat myself with the same love and respect I treat others.

WORKSHEET

THE VISION EXERCISE

Passion + Daily Actions = Purpose-Filled Life

Q.1 What is my passion? *(For example, writing, singing, going on an adventure, etc.)*

Q.2 What is my purpose? Why am I here? *(To inspire, to support)*

Q.3 How would I like to contribute to this world? *(Like - To uplift humanity, to share my message)*

Q.4 How would I describe myself in 2 words. *(Philanthropist, Inventive)*

Q.5 What are my goals in life? What should I do to create a better life for me? *(Like – A motivational speaker, an author, a psychologist. I would take action and would develop new habits to improve my life.)*

Q.6 Keeping all this in mind, my first step would be? (*Learning and taking action*)

Tip – You can describe your actions in detail by making a mind map.

Did you discover something about yourself?

I hope my guide helped you. Thank you so much for inspiring me. I appreciate you for you.

ABOUT ME



L I V E
L A U G H
L O V E

I am Gargi Arya, the motivational speaker of ADJOA HTC and author

of the book 'The Lion-Hearted Soul'.
I am 14 years old. I study in 10th
grade in Ryan International School,
Ghaziabad. To me, writing is just my
thoughts flowing from my mind to
the tips of my fingers and painting
the pages of my precious diary. Let
the power of selflove reinvent
yourself to create your dream life!
You are an inventive, just you need
the incentive

To your success

Gargi Arya