

[30 Days Self Love Week 1](#)



Welcome to *The 30 Days Self Love Program!*

Thank you for choosing this practice and making the commitment to oneself. It is such an honor to be assisting you along this process.

Within this document is all the information you will need to know on how to do the practice and the first week. This is an addition to the audio classes for you to refer back to. Please be sure to listen in the order given and not jump ahead, as it will help with the understanding of this practice. Each week consists of different audios and PDF's for you to go over.

Are you Ready?

Let's do this!!

Making the Commitment:

Repeat out loud:

I (your name) am committed to doing the 30 Days Self Love Challenge.

I promise to be gentle and love myself during this process.

I am making this commitment to do a video every day and most importantly to say I LOVE YOU
(your name)



Setting a date and time:

The first step when beginning this practice is choosing a start date. Once you have selected a date that works best for you, mark it on your calendar then count 31 days after. That will be your end date. You are probably wondering why we are going 31 days instead of 30? I will go into that a bit later :)

Important note: You must go the full 30 days without skipping, if you miss a day then you will start over. It is crucial for you to create a new habit of love and allow your body and mind to start changing. If this does happen, don't get mad or angry at oneself but rather see it as an opportunity to start again and create more time for you.

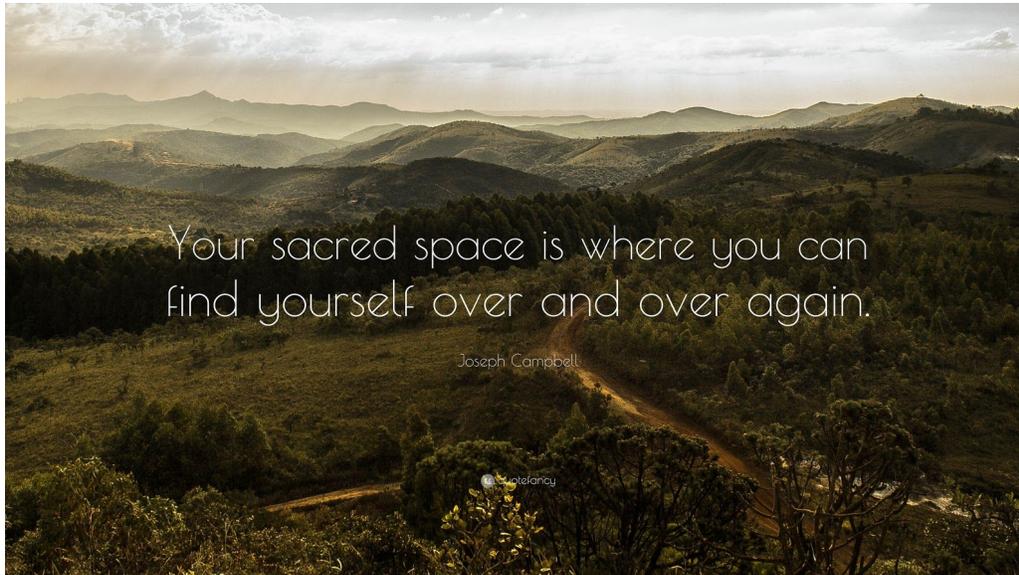
In your calendar or on the app set an alarm and make an appointment with yourself everyday. Treat this with the same importance as any other meeting you may have. When you get the notification for your appointment with YOU, take that opportunity and do this practice. What can happen is every excuse in the book will arise for you not to do it. This is normal, and why we like to set a specific time. I suggest to set your appointment with YOU in the morning to start your day off with bringing love to yourself and checking in on how you are feeling. This sets your day off on a positive note.

What you will need for this practice:

- Open Heart
- Phone or recording device - as long as you can face yourself to see YOU!
(app is under construction at this time sorry for any inconvenience)
- Journal
- 5 minutes a day

What's my intention:

Our intention for this round of 30 Days Self Love is simply "To love and accept oneself"

**Create your Sacred Space:**

Before doing this practice find a peaceful, calm area where you can sit, clear your mind and connect with yourself. It is suggested to create a sacred space for yourself to do this practice. In this space, place whatever makes you feel good and represents the essence of you. Even if right now it is just a cushion in the corner of your bedroom with a candle, that is perfect.

Being in nature is ideal! It immediately calms you, gets you grounded and present to do this practice. Whether it be in your backyard, near the garden, a tree, or at a nearby park; nature in itself is healing and will help you with your process.

Just make sure you are alone wherever you choose to make this sacred space and please avoid doing this in your car while driving. Being safe is most important.



Sacred Message and action before every video:

Now that you have created your sacred space, it is time to get calm and centered. Place one hand on your heart and the other on your belly, listening to your heartbeat. Take 3 deep inhales and exhales allowing all thoughts, emotions and to do lists to clear away.

Then say out loud:

In this safe haven of LOVE I am choosing to LOVE! I ACCEPT myself as I am. I see and feel the light and love within my heart and open it up to receive all that is possible. To transform all that is, to LOVE. I am now connecting with my higher self.

I enter into this space with an open heart.

I enter this space with an open and clear mind.

I am ready to receive.

I am ready to love.

I am ready to hear and listen to my soul and connect again with my higher purpose.

I release any and all judgements NOW!

Step 1

Getting Started

Now that you are ready to start this practice, grab your phone or recording device where you can face yourself (very important).

You must be able to look at yourself while you are talking. This starts the process of truly seeing YOU.

Hit record and say "I love you.. then your name" to YOU!

**It is important to use the word "Love" not anything else

Step 2

Be True To Yourself

Make an assessment on how saying, "I Love You" **feels** and share it on the video. Expand on it and tell yourself about it. Be honest and vulnerable. It is important that your conscious self hears how are you feeling.

Step 3

Bring the love

When feelings and emotions start to come up whether they make you feel bad, sad or give you the need to cry, feel them and let it out. Then bring the love back and be grateful for it as they were all apart of your process.

Step 4

Finish and Meditate

End the video by saying, "I love you and Thank YOU!" upon finishing take 5-10mins to meditate and bring the love throughout your whole being.

*If using app be sure to have good wifi that enables you to upload your video properly, if not you can lose your video. If you do not have good wifi I suggest using your video record option on phone itself.

** it is important to not wear any makeup while doing your videos. This is a process of accepting of who you are naturally.

Week 1

This week is all about getting comfortable with doing this practice and saying the words "I love you" to YOU. It's about facing yourself and being true and honest with the **"feelings"** that are coming up. Remember to make an assessment without judgement and just allow whatever comes up to come up and flow. Be gentle with yourself and give YOU the time and space to do this practice.

For example you may become emotional, it could feel weird, awkward, stupid or you may love it. These feelings are all very normal as this isn't something we have been taught to do. Take these moments in and truly feel it. Allow the vibration of love to flow throughout your entire body. If you don't believe it, say it again.

If you hit a high or a low during the day, place your right hand on your heart and your left hand on your belly and close your eyes. Tune into what you are feeling and observe it, don't react just observe it. Say I Love YOU!

In the beginning we need to get comfortable with seeing ourselves and being ok with the way we look, the skin we are in, being here on earth in this space and time.



Journaling

It is very important to not only do this video every day consistently but to also journal; write down your experiences so you can become aware of your surroundings and what is happening in your life. Start observing oneself, your thoughts and feelings you are having about you. How are you talking to oneself? Don't react to anything, just observe what is happening as almost like you are watching a movie, YOUR MOVIE :)

Write out what you are grateful for in your life!



What Can Come Up throughout the month

- You will make up every excuse not to do this, and that is normal. You will say you are busy with work, kids, school etc. but I assure you just taking those 5 minutes or however long you choose, will be powerful for YOU and your growth.
- If you are scared or fearful of this practice and what could happen, remember that all this is offering to you is Love.
- You might also try to control it instead of allowing it to flow. Don't be afraid to just let it all out and don't worry what others think or how silly you may feel. Remember, you don't have to share and this can be just for you as this is your journey.
- Don't sit in the negativity. Once you have released what is coming up go back to the positive and the practice.
- When you hit a wall and don't know what to do... keep on going! That is the moment you will break through out of your comfort zone and start growing. There is beauty in the breakdown, so let GO!
- Don't stay on the outside of your heart. Dive in that baby and give it all the love it deserves. Sometimes we will keep this practice very surface and that is not the idea. Anyone can say I love you and not mean it and it becomes a mental practice. This is your time to be with you and honest with oneself. Imagine you are your best friend telling you all your secrets for the first time.
- Don't give up and go to the end. Give yourself at least that much.

Have a wonderful first week! If you have questions or concerns please email me at sayhi@theloveall.com.

Love and Blessings,
Sarah Bisarello

www.TheLoveAll.com

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