building a practice of

## SELF-LOVE



**Day 1**: gentle kindness toward yourself

**Day 2**: tell yourself to relax

Day 3: it was always about you

**Day 4**: a happy piece of encouragement

**Day 5**: tell yourself to let it go

**Day 6**: honoring your life

**Day 7**: taming your gremlins

**Day 8**: free to focus

Day 9: you are good enough

**Day 10**: stay in the moment

**Day 11**: productivity prowess

Day 12: the art of essentialism

**Day 13**: learning to surrender

Day 14: just simply be

Day 15: get your glow on

Day 16: embrace your younger self

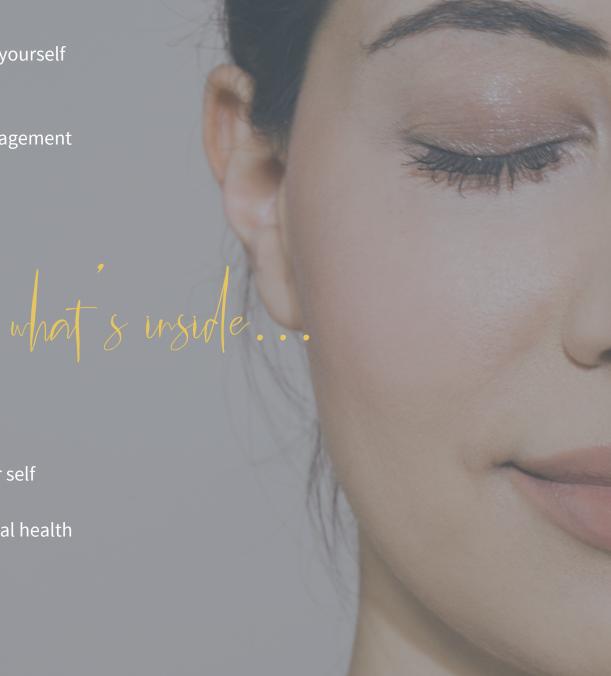
**Day 17**: a grateful heart

**Day 18**: embrace your emotional health

**Day 19**: tap into your strenghts

Day 20: the sacred feminine

**Day 21**: Ta da!

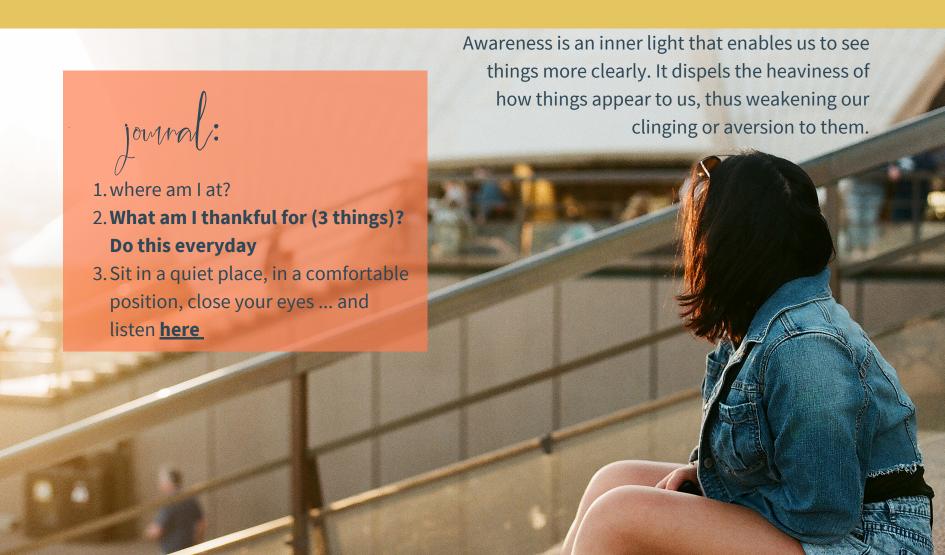




• Find a suitable time to do your practice



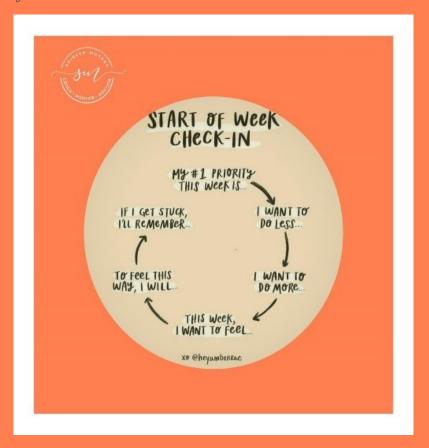
"A light does not need to think, 'I am dispelling darkness' – it simply illuminates."



### Toko-pa Turner in "Belonging: Remembering Ourselves Home"

Grief is the expression of healing in motion. As you make the seemingly bottomless descent, it helps to remember that grief is the downpour your soul has been thirsting for. Because what remains hidden for too long doesn't change. It is calcified in place, often sealed by shame, left untouched and forgotten by time. But when it can finally come into the open to be seen, it is exposed to new conditions and it begins to rise. It rises on a salty geyser of tears, sometimes sung to the surface by a terrific moan, streaming down our cheeks until it moistens the soil where we stand, preparing us for new growth. Have you ever noticed how beautiful a person is after they've wept? It's as if they are made new again by the baptism of tears. Indeed, when something stuck can be released through grief, we are freeing up a greater capacity to love.

What am I thankful for (3 things)? Do this everyday



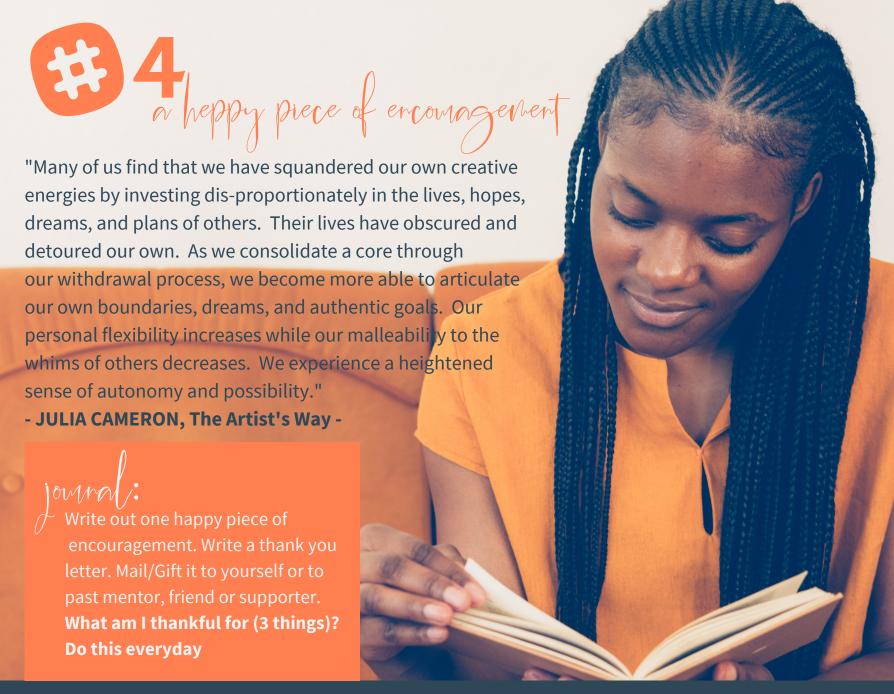


Happiness was always about being kinder to yourself, it was always about embracing the person you were becoming. One day, you will understand. That happiness was always about learning how to live with yourself, that happiness was never in the hands of other people. It was always about you. It was always about you.

joural:

- 1. Where am I at?
- 2. What am I thankful for (3 things)? Do this everyday
- 3. What do I want to achieve today personally, professionally, family?









Armed with faith and hope and without knowing of the wealth which awaited
You broke through dense walls of poverty
And loosened the chains of ignorance which threatened to cripple you so that you could walk
A free woman
Into a world which needed you
My wish for you
Is that you continue to be who and how you are
To astonish a mean world
With your acts of kindness

To allow humor to lighten the burden
Of your heart

In a society dark with cruelty

To let the people hear the grandeur

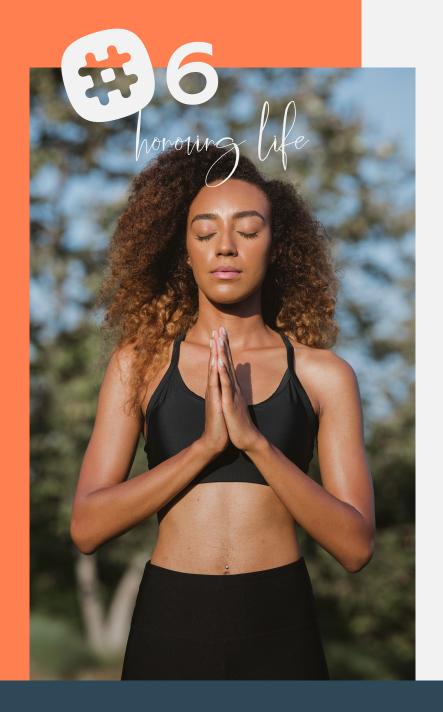
Of God in the peals of your laughter

- Maya Angelou -

If your spiritual life is minimal, even a 5 minute pit stop into a synagogue or cathedral can restore a sense of wonder. Many of us find that 5 minutes of drum music can put us in touch with

our spiritual core.

What am I thankful for (3 things)? Do this everyday



In this dog-eat-dog world and impersonal market place, consider these sterling thought. Hang this quote over your desk as a reminder and enjoy a practical application of taking refuge in the Dharma

(Bhuddist Meditations)

Let me not deceive another, or despise any being in any state

Let none through anger or ill-willwish harm upon another

Even as a mother protects with her life her child, her only child

So with a boundless heart should one cherish all living beings

Radiating kindness over the entire world

joural:

The phrases that follow are more of your sleuth work. Very often, we have buried parts of ourselves that can be uncovered by some digging. Not only will your answers tell you what you missed in the past; they will tell you what you can be doing, now, to comfort and encourage your artist child. It is not too late, no matter what your ego tells you. Complete these phrases

- As a kid, I missed the chance to ------
- As a kid, I lacked ......
- As a kid, I could have used-----
- As a kid, I dreamed of being -----
- 6.
- As a kid, I needed more-----7.
- I am sorry that I will never again see -----8.
- For years, I have missed and wondered about ------
- I beat myself up about the loss of -----10.

It is important to acknowledge our positive inventory as well as our shortfalls. Take positive stock of what good you have to build on in the present.

What am I thankful for (3 things)? Do this everyday

## 7 tarting your greatin

joural:

- 1. In a perfect world, where would you like to be in five years in relation to your dream and true north?
- 2. In the world we inhabit now, what action can you take, this year, to move closer?
- 3. What action can you take this month? This week? To move closer?
- 4. What am I thankful for (3 things)? Do this everyday

When you focus your awareness on your body or on the world around you via your sensory receptors, you are grounded in the here and now. When, however, you focus your awareness on your thoughts, fantasies, ideas, and memories, you are involved in the world of mind. In the world of mind you can spend time reliving the past, rehearsing for the future, making meaning out of what you notice about your body or the world around you, or simply entertaining yourself. To dwell in the world of mind is neither good nor bad, it is often productive to learn from the past or to plan for the future. Fantasy can be very entertaining, and certainly it is necessary in order for creativity to occur. To lead a full, rich life, however, and to tame your gremlin and tap into the natural you, it is helpful to be conscious of the flow of your awareness from your body – to the world around you - to the world of mind. In every moment you are a devotee. In every moment you devote your life to something. You do this via your awareness.

#### **Meditation:**



We have all experienced it. Our devices, apps, and tools make us think we are saving time, being hyper productive. In reality, most of us just jam our day with the buzz and grind of low-value activity. We don't invest our time in big and important projects. Instead we are tyrannized by tiny tasks. One pair of workplace consultants found "about half the work that people do fails to advance (their) organisations' strategies." In other words, half the effort and hours invested produce no positive results for the business. They begin by exploring the question: "What do people come to me for advice about?" Once you have done that, dive into the prompts below. Remember to write freely. Write uncensored, and keep writing even if you run out of things to write.

journal:

When people ask me for advice, they generally ask about.....

I really enjoy helping people with .....

I feel fulfilled when I help people.....

The most obvious things are the things we miss. And the things we miss are the things that make us come alive. What am I thankful for (3 things)? – Do this everyday





journal:

- 1. How do you respond when you are complemented / recognized for my contribution?
- 2. Have you ever not applied for a job or opportunity even though you had the required qualifications? Why?
- 3. What am I thankful for (3 things)? do this every day.

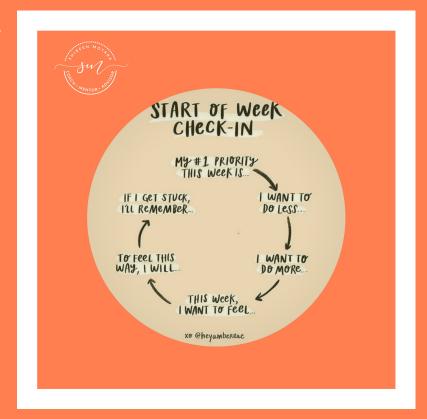
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From Full Catastrophe Living ... For some people it takes a long time to even come cloe to admitting to themselves that they are carrying around a lot of body armor or that they feel hurt and angry inside. It's very hard to release tension if you won't even admit that it is here. And if you are challenged by others regarding your patterns of denial, your unwillingness to even take a look at certain areas of your life, strong emotions can surface that can take many forms, including anger and resentment.

These are sure signs that you are indeed resisting looking at something deeper within yourself. Therefore, if you are serious about finding a new way of being in your life and in the world, these signs of resistance are really worth paying attention to. They can become your friends and allies if you can turn toward them, make space for them and welcome them into awareness with kindness and self-compassion. You could experiment with tending (or better, attending) and befriending them, intentionally. It's not as hard as you might think.

joural:

1. What am I thankful for (3 things)? - Do this every day







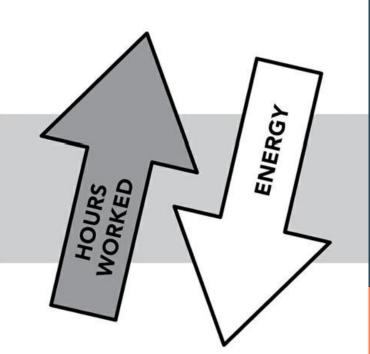
journal:

You can take this Free 2
 Focus self assessment and rejuvenate

**REJUVENATE** 

 What am I thankful for (3 things)? Do this everyday





Time is fixed, but energy can flex.

That means there's an inverse relationship between hours worked and the productive expense of your energy. The more hours you work, the less productive you'll be.

# the art of essentialism 312

Getting used to the idea of "less but better" may prove harder than it sounds, especially when we have been rewarded in the past for doing more ... and more and more. Yet at a certain point, more effort causes our progress to plateau and even stall. Most people have heard of the "Pareto Principle" that 20% of our efforts produce 80% of results.

Much later in 1951, in his Quality–Control Handbook, Joseph Moses Juran, expanded on this idea and called it "**the Law of the Vital Few**". His observation was that you could massively improve the quality of a product by resolving a tiny fraction of the problems.

Distinguishing the "trivial many" from the "vital few" can be applied to every kind of human endeavor, large or small.

joural:

1. What am I thankful for (3 things)? - Do this every day

Ten tiny Changes: List 10 changes you'd like to make for yourself, from the significant to the small

I would like to ------

Select one small item and make it a goal for this wee.

Now do that item.



\$13 learning to sumender

"I AM MY BEST **WORK - A SERIES** OF ROAD MAPS, REPORTS, RECIPES, DOODLES, AND PRAYERS FROM THE FRONT LINES." -AUDRE LORDE Inspiration feed com

- What am I feeling about spending a special occasion under difficult circumstances?
- How can I make thins long weekend one that nourishes and nurtures me?
- What am I thankful for (3 things)? Do this everyday

I have got the children to tend

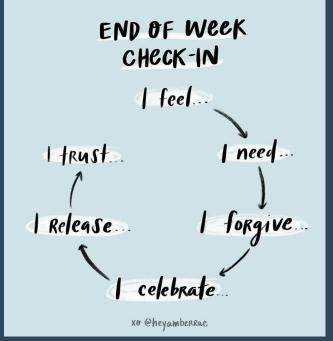
The clothes to mend
The floor to mop
The food to shop
Then the chicken to fly
The baby to dry
I got company to feed
The garden to weed
I have got shirts to press
The tots to dress
The cane to be cut
I gotta clean up this hut
Then see about the sick
And the cotton to pick.

Shine on me, sunshine Rain on me, rain Fall softly, dewdrops And cool my brow again. Storm, blow me from here With your fiercest wind Let me float across the sky Til I can rest again.

Fall gently, snowflakes
Cover me with white
Could icy kisses and
Let me rest tonight.

Sun, rain, curving sky Mountain, oceans, leaf and stone

Star shine, moon glow You are that I can call my own What am I thankful for (3 things)? Do this everyday





# get your glow on 315

## joural:

- What does unconditional love look like for you?
- What would you do if you loved yourself unconditionally? How can you act on these things whether you do or don't?
- I really wish others knew this about me ...
- Name what is enough for you.
- What am I thankful for (3 things)? Do this everyday



you are almost there

It is said it takes 21 days to create a new habit

WELL

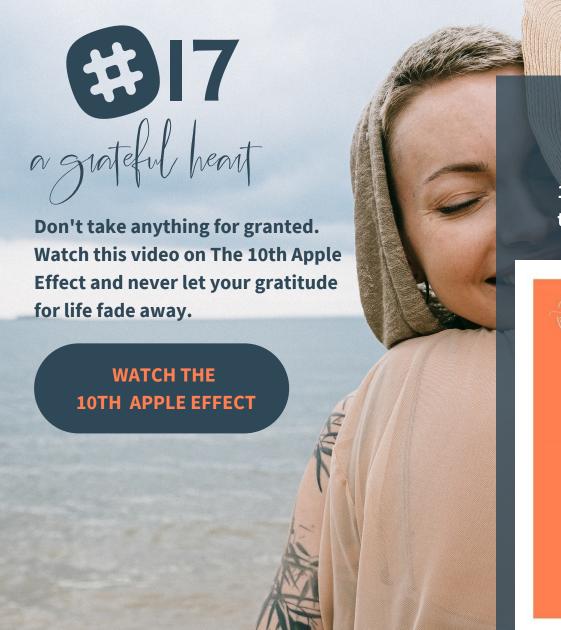
You are on Day 16 of 21 ... Keep going!



## joural:

- If I could talk to my teenage self, the one thing I would say is.........
- The two moments I will never forget in my life are...Describe them in great detail, and what makes them so unforgettable.
- Make a list of 30 things that make you smile.
- What am I thankful for (3 things)? Do this every day





### joural:

What am I thankful for (3 things)? - Do this every day





enhance your entitional health

What is Emotional Health for you?

activate your EQ

Here are 11 Activities and Assessments to help you enhance yours:

joural:

#### Ask yourself:

- How do you express your emotions?
- Who supports you socially?
- What role does positivity play in your day?
- What makes you avoid "losing it"?
- What am I thankful for (3 things)? Do this everyday



## tap into your strengths

When you tap into your strengths, you will experience increased happiness and decreased depression in your life. Am not just making this up. There's is a lot of research behind this. It doesn't matter if you are stuck in a job you son like, because when start using more of your strengths you will become happier, and yes, more passionate about life.

So how do you figure out what your strengths are?

Start by looking at what activities make your heart sing. What gives you a sense of freedom and excitement when you do them? For example, for me it's writing. I love writing. It's not always easy, but more often than not, I feel a sense of freedom, flow and excitement when am writing.

journal:

- 1. When people ask me for advice, they generally ask me about ...
- 2. I really enjoy helping people with ...
- 3. I hate helping peoplel with ...
- 4. I feel fulfilled when I help people ...
- 5. What am I thankful for (3 things)? Do this everyday



# the socied ferrine \$\frac{1}{3}20

Perhaps you have had a startling numinous encounter with a snake or dreamed of them. Whether or not you have had such an experience, the archetypal wild and sacred feminine is alive in you and wants you to tell her stories. These are the gifts she offers: One, as an energy and image of feminine power and knowledge she is not evil but creative and wise. Two, she unites the opposites, upper and lower, dark and light. We need both our light and our shadow. Four, she is the divine spark of creation on our bodies. We have everything we need. Five, snake is capable of endless renewal, growth and transformation. You have unlimited capacities to shed your old skin and expand. Six, she is the voice of your intuition, healing, and enlightenment, sitting there as Kundalini energy at the base of your spine. Already in you, with us. Seven, she carries prophecies for the future, connecting you to your wild embodied wisdom. Honoring your dreams, your values, your heart, she calls you to take action to midwife "What is to come".

For us to fully claim feminine power and female vision as women leaders, we need the Wild and Sacred Feminine archetypal energies and ways of knowing. Otherwise we are limited to the narrow shallow topics of diversity, and equality, and balance, which cannot shift our conscious or change the world. Why is this? It only makes sense when we go a bit deeper: The fear of feminine power that both women and men carry. The fear of the mysterious, the numinous, the magical, the transformative.

1. What am I thankful for (3 things)?
Do this every day

#### **Guest House**

This being human is a guesthouse Every day a new arrival A joy, a depression, a meanness, Some momentary awareness comes\_ As an unexpected visitor Welcome and entertain them all, Even if they are a crowd of sorrows, Who violently sweep your house, Empty of its furniture Still treat each guest honorably He may be clearing you at for some new delight, The dark thought, the shame, the malice, Meet them at the door laughing And invite then in Be grateful for whoever comes, Because each has been sent as a guide from beyond



### journal:

### Ask yourself:

- What did I learn about myself on this self –love practice journey?
- How can I continue to treat myself with loving kindness?
- What am I thankful for (3 things)? Do this everyday



Thank you ...

Thank you for doing this FOR YOU! Try to find a self-love ritual that you can do consistently - to nourish and care for you.

work who we

"Shireen has an uncanny ability to blend professionalism with humaneness. From our first session, I felt understood, heard and affirmed. She has helped me to overcome a few self-limiting beliefs and encouraged me to see change as an opportunity for new beginnings ... I would highly recommend Shireens' services to anyone in need of a fresh perspective in terms of their career goals and life purpose"

- Xena Scullard -

Email: hello@shireenmotara.com Contact number: +27 (0) 71 272 8245 I support women to stand in their power and live the life of their dreams. My clients come to me when they need direct support and encouragement to help them achieve, clarify or act on their goals.



