



Self Love Handbook

Be Seen, Feel Appreciated and Awaken Yourself to
Receiving More Love, Joy and Feel More Confidence



IDRA



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WELCOME

Hello and welcome, beautiful soul! I am absolutely thrilled and incredibly honored that you've chosen to embark on this empowering journey to self-love with me. This workbook is crafted to be your personal compass, guiding you towards confidence and radiance that emanates from within. You are undeniably remarkable, and it's time to fully embrace that truth.

Within these pages, you'll discover a treasure trove of tools and insights designed to help you be seen, feel deeply appreciated, and awaken to the abundant love and joy life has in store for you. Together, we'll dismantle the barriers that have held you back, forging a new path toward self-discovery and self-acceptance.

Our shared mission? To witness you fall head over heels in love with the incredible person you are. Are you ready to embark on this beautiful journey? Let's dive in and begin the transformative process of self-love.



Being Loved Begins With Awareness

1

The first step in falling in love is getting to know the person, what makes them tick, what makes them unique...essentially what makes them who they are...The relationship with yourself is the same and it's easy to forget the truest essence of who we are when we get swept up in life. So let's get to know you.

■ What motivates me to get up in the morning

■ What are some of my favourite things I loved doing as a child?



Being Loved Begins With Awareness

2

■ What are some of my favourite memories?

■ I am the happiest when I am....



Being Loved Begins With Awareness



- When do I feel the bravest, strongest and most confident ? What am I doing, wearing...thinking?

Empty rounded rectangular box for writing answers to the first question.

- If I could be anyone, who would I be and why?

Empty rounded rectangular box for writing answers to the second question.

Being Loved Begins With Awareness

4

What does my perfect day look like?

What does a life I love look and feel like?



Being Loved Begins With Awareness



What are my favourite ways of being inspired?

A large, empty, light-colored rounded rectangular box intended for the user to write their answer to the question above.



What are the things that gives me energy?

A large, empty, light-colored rounded rectangular box intended for the user to write their answer to the question above.

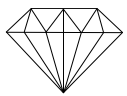


Name _____

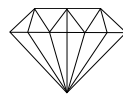
Star Sign _____

My primary love languages _____

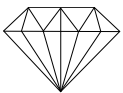
My second love languages _____



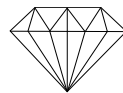
Songs I love to sing to



Colours I love surrounding myself with



Words that describe me



The type of things I love doing that stop time



This is

Me

■ If I had a million dollars in the bank and unlimited access to what you require, what would I do?

Empty rounded rectangular box for response.

■ Who would I surround myself with? What qualities do we share? What are our shared values?

Empty rounded rectangular box for response.



This is

Me

■ If I knew I couldn't fail, and embraced my quirks as my super powers what is one thing I'd love to do?

Empty rounded rectangular box for response.

■ Knowing that I deserve to be supported and that it is safe for me to be supported, what kind of support would I love to have?

Empty rounded rectangular box for response.



Things to *love* about me

I like who I am because

I'm at the most me when

Things that bring me joy and make me laugh are





Things to *love* about me

■ The biggest challenge I have ever overcome was

■ How I handle stress the best is when I

■ My happiest moments are when...





What it means to *Be* me

■ Things I am good at and that come naturally to me are

■ Compliments I often receive

■ Things I find simple to do

me



What it means to *Be* me

■ All the ways I have succeeded and surprised myself are

■ Parts of my life that are awesome

■ Parts of my life that are awesome

me

Strength

Embracing my strengths

It's been shown that when you identify your strengths and strengthen them every day those parts of you that aren't as strong get stronger. It's like the saying "The tide raises all boats". When you play and work on your strengths into daily you feel less stress, have more energy and feel more confidence.

Part of self-love involves recognizing our natural gifts and strengths our natural gifts and strengths.

Make a list of at least five of your gifts, talents, and strengths. These are not job titles or specific roles but more the special qualities you bring to these roles, that come naturally to you.

Possible Strengths: Honesty, gratitude, visionary, supportiveness, patience, brave, bold, motivation, confidence, compassion, forgiveness, respect, energy, loyal, consistency, hardworking, make friends with ease

Example: Strength is motivation

How I will develop this further: Tomorrow I will inspire three people through my positive attitude and actions

Strength #1 _____

How I will develop this further

Strength

Embracing my strengths

“The longest love you will ever experience is the love with yourself”

Strength #2 _____

How I will develop this further

Strength #3 _____

How I will develop this further

Strength

Embracing my strengths

“How you love yourself is how you teach others to love you”

Strength #4 _____

How I will develop this further

Strength #5 _____

How I will develop this further

Love

Love Letter To You

In this exercise, write a love letter to yourself. Include things that you appreciate about yourself. If it helps pretend you're writing it about a friend. Point out your gifts and talents. Think about things that others have complimented you on, or congratulate yourself for any challenges you have overcome.

Read over this letter on days when you are stressed or stuck in self-doubt and need a reminder of how awesome and magical you are. .

Dear

Write your name

Love Always...



LOVE

Daily Love Spell

Close your eyes place a hand on your heart and a hand on your belly and as you recite this spell take big deep breathes in and out

I embrace who I am
I allow love to flow to me and through me

I am worthy

I am deserving

I am perfect

I am brave

I am smart

I am strong

I am beautiful

I am loved

I love and accept myself as I am body, mind and soul

Now give yourself a hug xx

ABOUT US

About Us

Inspiring Your Journey to Emotional Well-being

Welcome to Idra Wellness, your source of inspiration on the path to a life filled with self-care and elevated emotional well-being.

Our Mission

At Idra Wellness, we are on a mission to inspire people to lead lives consistent with self-care principles and provide products that elevate their overall emotional well-being. We believe that prioritizing your mental and emotional health is essential for a fulfilling and balanced life.

Who We Are

We are a dedicated team of individuals who share a passion for promoting emotional wellness. Our founders, Rachel and Avner Madar, established Idra Wellness with the vision of creating

a community
that encourages self-care and supports individuals in their pursuit of emotional well-being.

What We Offer

Idra Wellness offers a thoughtfully curated selection of products designed to enhance your emotional wellness journey. From mindfulness tools that encourage self-reflection to wellness products that bring comfort and serenity, we strive to be your source of inspiration and support.

ABOUT US

About Us

Why Choose Idra Wellness

Inspiration: We aspire to inspire you to prioritize self-care and emotional well-being in your life's journey.

Quality: We are committed to providing you with high-quality products that align with our mission.

Community: Join our community of like-minded individuals who are dedicated to living a life enriched with emotional well-being.

Join Us on Your Journey to Emotional Well-being

We invite you to explore our website, discover our products, and immerse yourself in a community that shares your commitment to emotional wellness. Whether you're taking your first steps toward self-care or seeking to elevate your well-being, Idra Wellness is here to guide and inspire you.

Thank you for choosing Idra Wellness as your partner in achieving a life filled with self-care and emotional well-being.

With inspiration,

Idra Wellness team



IDRA

Instagram/ Facebook: @idrawellness

Product recommendation:

“ Sayonee” - Awaken True Love

“Ikiagi” - Inspire Manifestation; connect to your life Purpose

