



the
MADLY
in love
WITH METM
Guidebook
♥ ♥ ♥

the official mini-book
of self-love

created by Christine [♥]ARYLO



Welcome to the Madly in Love with ME Guidebook...
“the official mini-book of self-love”

This book was created especially for you.
To inspire you, guide you and dare you
to fall madly in love with yourself

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A Love Letter

Dear Brilliant and Fabulous You,

I send you this letter from my heart to your heart, knowing that the great human equalizer, the thing we all have in common, that truly bonds us all is love.

You see, I believe that each of us wants to be deeply loved, and that without that love, we will never find the happiness we crave. No matter how much money you make, how beautiful your body or how many accolades you acquire, at the core of who you are, you desire to be deeply loved.

And yet, how many of us would be willing to stand up and admit to the world this deepest of deep desires? Would you? Of course you might express that you would really like a loving relationship, that your family is important to you, or even that you'd like to take better care of yourself.

But would you peel back the curtain that protects your delicate soul to reveal that inside is the most innocent and pure heart, one who craves to be seen by another so deeply that you could almost feel that person witnessing your soul? Would you show us the holes of loneliness that sometimes surface on that same heart when your soul feels unseen, unheard, un-understood?

I'll show you mine if you show me yours.

The loneliest times of my life have been in relationship – be it with a parent, a friend or a romantic partner – in which I called out to be seen... when I reached out for unconditional love... and neither was returned.

After 30 years of trying to find that deep love from the people around me whom I loved, I was gifted with a profound realization, one that I have since come to understand is the secret to everything in life. When we live by it, the happiness and love we seek is ever present. When we don't, we will find ourselves forever seeking out happiness and love, in vain.

The secret is this:

The deep love you seek starts and ends with the love you have for you.

Every person on this planet, including you, desires to be deeply loved. At the core of your soul, your spirit requires that in this lifetime you seek out and find unconditional and pure love. The reason most of us spend our lives searching without ever really finding it, is not because this precious love doesn't exist, or even that it is rare. You've been taught to look in the wrong places – outside of yourself – when the truth is that the love you seek starts and ends with the love you have for you.

It is your right to fall so deeply in love with yourself that you only invite that same kind of unconditional love into your life. It is your quest in this lifetime to get to know who you truly are in your soul, beyond all the surface and societal muck that covers up your beautiful spirit. It is your gift to learn to accept the person you are today, right now in this moment and love him or her, all of you. And it is your duty to free yourself to fully express every piece of you without apology, so brightly that you light every heart you touch like a firefly, including your own.

That is self-love. Being. Loving. Living. You.
Without apology. Without holding back.

When you can do this, you not only receive the extraordinary ability to feel the greatest of love, but you also gain the ability to give that same deep love back, giving others the gift of witnessing and loving their beautiful souls. My wish for you is that today, you start and/or deepen your journey of falling madly in love with the powerful, beautiful and free being you are, just because you are you!

With great heart,



Christine Arylo
founder of Madly in Love with ME
author of *Choosing ME before WE*
a.k.a. "The Queen of Self Love"



Self-Love is Not A Dirty Word

Up until recently, self-love has been a word reserved for therapy rooms or spiritual circles, not a topic for conversation at the dinner table or among mothers and daughters, or even friends. Most of us don't know what it really means, nor do we know how to find it.

Honestly, if you had told me 10 years ago when I was still neck deep in trying to find my happiness through my career titles, the size of my house, and getting my fiance' to love and see me, self-love would have felt totally irrelevant at best and would have sounded like a dirty word at the worst. If pressed with the question, "Do you love yourself?" I would have said "Yes." And it would have been a lie. Not because I was a big fat liar, but because I didn't really know what self-love was.

This lack of understanding so many of us have about self-love isn't surprising when you consider that ...

the current definition of self-love on dictionary.com is
"conceit, vanity and narcissism"

No kidding! I'd like to know who is in charge of writing the definitions for our words because I have a thing or two to say to them!

This definition unfortunately says it all about how our world views self-love. Really owning that YOU LOVE YOURSELF is still taboo in our mainstream culture. In the past few years as I've left the sanctuary of my therapy rooms and spiritual circles to share self-love with the world, I've received the wildest responses:

"Loving myself? I don't have time for that."

"I think that self-love stuff is all pretty hippy dippy!"

and the 'take-my-breath-away-shocker-every-time-I-hear-it' line...

"Self-love? Do you mean masturbation?" (and they didn't mean in a good way.)

I even had one male client say to me, "Christine, you can't go out into the world and talk about self-love. Everyone will think you are talking about masturbation!" Luckily I love myself enough to know who I am and what I am here to do, and that is share the real meaning of self-love.

All of these kinds of reactions - the uncomfortability, the over-sexualization and the discounting, the repulsion of self-love as a word - is really about our own fear of intimacy and vulnerability.

Ask anyone you know if they want their children to love themselves, and they'd say, "Yes, of course." They'd never say to a child, "Hey you don't love yourself. That is selfish or dirty." Why? Because they want that child to have good SELF ESTEEM.

Because SELF ESTEEM is a word that our society is comfortable with.

And while SELF ESTEEM is good, necessary and something every person should cultivate inside of themselves,

SELF ESTEEM on it's own is NOT enough.

I don't know what the definition of self-esteem is on dictionary.com but I am just going to assume it's deficient and provide you here with my definition of self-esteem. I think it will help you see how self-esteem and self-love are connected, but that to stop at self-esteem still leaves so much un-addressed.

SELF ESTEEM IS... the knowingness that you can DO anything. You can get the job, get into college, reach your dreams if you work hard enough. The focus is on DOING, feeling confident on the inside and appearing confident on the outside. It's about believing in yourself. And it's good. We want self esteem for ourselves and for every child and adult on this planet.

The problem is that self esteem focuses on the DOING, which means you could be a person who looks and is successful, confident, and put together, who gets a lot done in a lifetime or a day, or who seems to effortlessly take care of everything and everyone, BUT you:

- Put up with abusive, toxic, or unhappy relationships
- Silently beat yourself up, comparing, doubting, judging and discounting yourself
- Hate on your body, push it like a workhorse, commit destructive acts on it
- Never feel like you do enough or are enough, no matter how much you accomplish
- Put yourself last, often, after your work, your family, your chores, your email :) Spend little time or energy to take care of yourself, and when you do, you feel guilty or like you 'should' be doing something else.

And I think we'd all agree - even the definition maker at dictionary.com - that none of these realities is something we'd wish for ourselves or any one else. This is where self-love comes in. Because self-love takes us deeper. It's time we reclaim the definition of self-love - start talking about it, choosing it and living it, which is exactly what this self-love mini-book was created to do! So first, the real definition of self-love...

WHAT IS
SELF-LOVE



Self-love is the
UNCONDITIONAL love and
respect that you have
for yourself
that is so deep, solid & unwavering
that you only choose
situations and relationships -
including the one with yourself -
that reflects that same

UNCONDITIONAL Love & Respect



The 5 Gates of Self-Love

How do you really know if you love yourself?

So now that we are all in agreement that

SELF LOVE ROCKS!

And we all know what self-love really means:

UNCONDITIONAL LOVE AND RESPECT FOR YOU!

How do you know if you really love yourself?

Well, first let me just say that self-love is not a black or white kind of thing. It's not like you either have it or you don't. There is no end game, a day when you can stand on the self-love mountain top, dust your hands off, and say, "Okay, I've conquered self-love... next personal development goal please!"

As far as I can tell from my own self-love adventure and watching many others on the self-love train, self-love is a forever, everyday-for-the-rest-of-your-life, kind of deal.

Self-love is a practice, it's not something you cross off your list. And it's not a linear, "do-these-10-things-and-viola-you-have-self-love" kinda thing.

The good news is that this means

**you get to fall in love with yourself, again and again,
every day for the rest of your life** (that is so cool!)

In the course of my now 10-year self-love adventure, while I have not been able to claim total victory over self-love, I have had moments where I felt like I reached a milestone, where I could really feel a new level of deep, unconditional and solid self-love for myself. Each time I experienced this new sensation and awareness, it was as if I had passed through some kind of gate, moving from one side of reality to another, where my experience of myself and therefore the world around me shifted... where I gained more unconditional love and respect for myself.

Each time I passed over one of these "self-love gates," another gate always appeared, and quickly I realized that I was going to be on this self-love gate climbing adventure for a lifetime, reaching new levels of love in the relationship I had with ME.

Passing over these gates of course required a series of choices, shifts in perspectives, and spiritual and emotional healings that happened over time.

Sometimes it felt like I was literally climbing over the gate, with one leg on one side and one on the other and me teetering between the middle (bringing back memories of climbing over fences as a kid, you know with that moment of not knowing exactly how you were going to get over, but that the only way to go was forward.) For other gates, I felt more like I had planted a seed, and was growing something akin to a magic beanstalk (like in that fairy tale with Jack) that helped me get higher and higher until one day, POOF! I was on the other side.

In the pages that follow, I've outlined the 5 Gates of Self-Love as a way to make self-love more tangible and consumable for you, because while self-love sounds like a great idea, it can sure feel vast and unattainable.

But I assure you, we can all have self-love.

The 5 gates I've included in this book are the ones that I have discovered, uncovered and passed through - and I am sure there are more. To be honest, I am still in the midst of climbing over the fifth gate, which is probably why I can't see the sixth gate yet, but I promise to share it with you when I get there!

Think of these 5 self-love gates as milestones to check your current relationship with yourself against. As you read about each gate, feel into where you are with it right now, and be honest. This isn't like one of those magazine quizzes where you lie about the real answer so that you can reach a higher score. Lol!

Ask yourself: Am I new to this gate? Somewhere in the middle? Or have I already passed through, and feel really solid that I have unconditional love and respect for myself here? Claiming a gate doesn't mean perfection 100% of the time, but

what is required is that no matter what, you always find your way back to self-love.

For example, before I passed through the self-love gate relating to loving my body, I used to hate my cellulite, and when I say hate, I mean that whenever I saw it, I would experience feelings of hate, shame, and pure solid YUCK! Today, as I stand on the other side of the body love gate, while I'm not dancing for joy every time I feel or see my cellulite, I never hate on myself for it. I love myself, find compassion for myself and if I choose any action at all, it stems from a place of self-love.

As you read through each of the 5 gates, do so with this question in the back of your mind, "If I was to CHOOSE MORE SELF-LOVE this year, which gate would I choose to climb?"

♥ SELF-LOVE GATE #1:

I know who I am and what I want from this life.

This is the first gate to loving yourself, because if you don't know who you are, how can you love that person? Most of us go through life doing what we think we are supposed to do and be, influenced by the society around us. These experiences and people form our beliefs, attitudes, and perceptions, until the day we realize that how we really feel and think is different. While you will continue to learn about yourself forever, passing through this first gate requires:

- a. You *make a choice* to continue to learn about you everyday - you move from autopilot mode to self-awareness mode in operating you life.
- b. You know and can articulate what you really want from life - you know what your *heart* and *soul* desire and are willing to make choices that support those dreams. This doesn't mean you have to know your life purpose, or that you have manifested everything your heart and soul desire... it's that you have asked, listened and are willing to take and live the vow "I will never settle for less than my heart and soul desire."
- c. You know who you are NOT, as well as who you are - you've done enough digging around and exploration inside of you to know the difference between your ego and your personality and your spirit and your essence. You have a connection to something spiritual and bigger than you, even if it's just a tiny feeling at this point.
- d. You know your emotional holes and you've healed the gapers. You don't use relationships, substances or unconscious activities to stuff into your holes or avoid your emotions. You are self-aware and whole. *Again not perfect, but even when you do have a hole-stuffing moment, it's short lived.

♥ SELF-LOVE GATE #2:

All of my relationships support me to be my best me and to live the life I want, or I don't have them.

This can be one of the hardest milestones to pass, because it means putting a big stake in the ground for yourself. It requires honoring yourself SO much that you only have relationships in your life - friendships, romantic partners, even relatives - that give respect, trust, unconditional love and truth.

You love and honor yourself so deeply that ALL relationships in your life make your life better, help you reach your dreams and be a better you... or you don't have them.

This doesn't mean that all of your relationships are perfect, void of difficulty, or that you are absolved of giving the same respect and love you desire. Unconditional love and respect go both ways. It also doesn't mean that you go cutting people out of your life without taking a good deep look at what you want from your relationships, what part you play in creating that relationship dynamic, and then taking steps to one by one, transform, let go or grow the relationships you currently have so that EVERY SINGLE ONE reflects that same unconditional love and respect you have for yourself.

Self-love requires that you choose me before we in every relationship, which is not about being a self-centered, narcissistic, its-all-about-me kind of person. What choosing me before we means is that because you have made a commitment to create what your heart and soul desire, you don't have space in your life for relationships that drag you down, hold you back, create negative ju ju feelings (like shame, guilt, self doubt) or take more energy than they give.

When you can take a stand to choose me before we in your relationships, you open up the space to let new life-affirming relationships in and allow current ones to grow to new levels of love.

This milestone takes time, but it is TOTALLY possible, which is why I wrote the book [Choosing ME before WE](#), which takes you through the promises you need to make with you first, and outlines what it takes to have relationships built on love and respect. The truth is that every relationship you have is a direct reflection of the relationship you have with yourself. Are you ready for unconditional love and respect? I think so!

♥ SELF-LOVE GATE #3:

My body is my temple.

This summer, I took part in a survey that asked women what they were hardest on themselves about. 78% said their body. While sad, probably not a shocker to you. Let's face it, we are all guilty of body hate and what I call 'body slavery' – treating your body like a drive-me-til-I-drop workhorse, ignoring her needs completely. While it's not new news that women have distorted views of their bodies and do crazy and harmful things to get their bodies to look like the images they see, when I hear facts like 4 out of 5 girls will think of dieting before they leave the 4th grade, I say it's time to make a serious change

-- and that change is self-love (and for you guys out there, keep reading because this gate relates to you too!)

The fact is... you are having a RELATIONSHIP with your body - just like you do with a lover or a friend, and in some ways even more intimate, considering you are inside of each other all day and night. The same self-love rules apply here as they did in self-love gate #2: When relationships don't serve you, you either transform the relationship or you get rid of it. And since you and your body are life-long roommates, and you can't just trade her/him in for a new one, you really only have one choice...

Transform your relationship with your body to one full of unconditional love and respect.

And you know what, she/he deserves it! Seriously, this body has given your spirit sole residence in it for the entire time you're on this planet. And how do most of us repay this body? By telling it again and again how it isn't enough? By trying to make it into something it's not? By ignoring it's basic needs for survival like good food, ample sunlight, and loving touch from other human beings, including yourself?

Seriously, when was the last time you hugged your body? Told it you loved it? Told she/him how beautiful she/he looked just as it was?

You know you wouldn't get very far without your body on your side. It's your vessel for action, without him or her you can't accomplish anything. If most of treated our lovers like we do our bodies, they would leave. But our bodies are stuck with us so they can't leave, they can only revolt. And many times they do. Just remember a time you were sick, and how that literally put you out of commission.

Loving your body is a BIG milestone for most of us, and there are many wonderful people out there writing and teaching on this topic, books and courses dedicated to this work, many whom we feature often on our [Madly in Love with ME Facebook Page](#) and in the 40-day Self Love Practice I created called "My Body is My Temple" which you can find at www.selflovestudio.com

For now, in this mini-self-love guidebook, I am going to leave you with the mentality required to pass this gate: 1. You see your body as the portal to which you experience everything in life - good food, great love, beautiful places, joy/happiness/smiles/hugs. 2. When you notice something about your body you don't like you choose love vs hate. 3. Your relationship shifts from her being in servitude to you to you being grateful for this beautiful temple you get to inhabit while on this earth. 4. You Dare to...

treat your body as a temple

adore her

adorn her

dance in her

fill her with nourishment

beautify her

love her for her imperfections,

always end your experience with her by seeing her beauty

be grateful for her

never hate her or yourself within her

and always find compassion for you both

♥ SELF-LOVE GATE #4:

I am nice to myself. I stop beating myself up.

You are harder on yourself than anyone else could ever be. In fact, if the outside world could hear the thoughts inside your head, they would likely call the authorities. We'd all be like walking black and blue marks if our outside skin showed the self-abuse we inflict on ourselves through our inner thoughts and judgments about M-E.

You have probably heard this kind of self-abuse called the voice of the "inner critic" or the "saboteur" but you and I both know this is way more personal than that.

That voice inside your head that tells you things like *"You are not enough. You should be able to get more done in a day. You don't belong."* is the voice of your Inner Mean Girl (or Guy for you men).

She compares your worst to everyone else's best, mercilessly... she is like just like the mean girl on the playground (just now she has moved into your inner boardroom.)

She sets unrealistically high expectations for you, drives you hard to reach those expectations and then judges you harshly for falling short of being super woman.

She steals your joy, holds you back from the love, happiness and success you crave, and she makes it impossible for you to live to your fullest potential and possibility.

And here's the truth she will never tell you... WE ALL HAVE INNER MEAN GIRLS and GUYS. You are not alone. AND you don't have to let her be in charge of you any more. You can stop being so hard on yourself, right now.

if you are ready to...

- Give up comparison. Love yourself for who you are, and use other's successes as inspiration, not as a way to beat yourself up.
- Give up gossip. Talking poorly about someone else is a direct reflection on the relationship you have with yourself. You are gossiping if you would feel badly if the person you are talking about was in the room listening to what you were saying.
- Know the difference between you Inner Mean Girl's voice and that of your deeper Inner Wisdom. This means knowing the difference between your fear and ego speaking, and your highest spirit and essence talking. You are aware of your 'come from' in your choices and opinions, and you choose to be motivated by love.
- The Inner Mean Girl is NOT not in control. While she may try to hijack your life and the thoughts broadcasting in your head from time to time - especially when you are breaking through to a new level, being vulnerable, are in a new or uncomfortable situation or trying something that you are not a pro at - if she makes it to the control station, she never does so for long. You are super aware of her tricks and self-sabotaging patterns, and are able to get yourself back to center and self-love... or reach out for reinforcements if she's gone commando.
- You are compassionate and kind with yourself. You find compassion for yourself even when you're not perfect, and when things don't go as planned. You treat yourself with the kindness you would a little child. You give yourself room to grow, you love yourself through your mistakes, and you FORGIVE YOURSELF.

To pass this self-love gate, your mission is to love this Inner Mean Girl to death, so that instead of hurting you with her self-sabotaging thoughts and habits, she can help you see how beautiful, powerful and whole you are right now, just because you are you.

I know that this gate is no easy feat to do on your own. It really does take the community of other women surrounding you to get that you are not alone with the crazy rants of your IMG. In 2010, I co-founded [Inner Mean Girl Reform School](http://www.innermeangirl.com) with Amy Ahlers, the Wake Up Call Coach and author of *The Big Fat Lies Women Tell Themselves*. In the past year we have talked with over 10,000 women through the virtual programs we've offered, and the result is the same - no matter the age, race or country of origin, all women have this inner mean girl voice.

If you choose this self-love gate this year, you can get a free Inner Mean Girl Transformation Starter Kit at www.innermeangirl.com to help you identify your Inner Mean Girl and her weapons and to start developing self-love muscles that are stronger than her self-sabotaging muscles! For you men, there is a program called Tackle Your Inner Bully www.tacklethebully.com that will be running again this year.

♥ SELF-LOVE GATE #5:

Self-Sustainability. I take care of ME, without guilt.

I swear it's like we all have a DNA pattern running through us that sends the message: "Take care of everyone else before you take care of you, and if you try to buck that pattern by actually taking care of yourself, you better feel guilty or like you should be doing something more productive." So of course we comply, giving and giving, and then giving some more until there is nothing left for ourselves.

We operate our lives like pink energizer bunnies gone mad, running rabid until our systems implode, pink fur goes flying everywhere and boom! we fall over in heap of exhaustion, battery pack dead. Forced to recharge, we fill ourselves as much as we can, which is usually not enough, and then we start this insane pattern over again.

Why do we exhaust ourselves, accept overwhelm as normal, and wear busyness like a badge of honor? This is a question -- being a recovering achievement junkie and doing addict -- I've been asking myself and other women for the past few years. What I've discovered is that if we are truly honest, at some level we all like being busy. Think about it. We congratulate each other for multi-tasking, collude around how busy we are, and we all drive ourselves towards some mythical state of balance that none of us seem to attain.

The way that our generation of women and girls has been told we should live - based on the belief we can HAVE ANYTHING, and the reality of feeling the pressure to DO EVERYTHING- is completely unsustainable. With 4 out of 5 women on the brink of adrenal gland fatigue, this is not about "pampering" or taking the occasional day at the spa. Creating a sustainable lifestyle means rewiring our doing-addict, give-it-all-away, put-ourselves-last, strive-til-you-drop patterns and habits from the inside out.

For the past four years I have been diligently trying to climb this gate, to get to the place where I can stop, relax, breathe, take time for myself, slow down, replenish and retain my energy... without guilt and without the fear that everything will fall apart, or I will be left behind. Because while I have always been a make-it-happen kind of woman, I am not willing to make-it-happen at the expense of my own happiness and health anymore. And I've learned that I don't have to. In fact, much to the surprise of my internal doer, it is possible to get great results spending less of my own energy.

There is SO much to this gate that I could write an entire book on it - and perhaps I will. But for now, to get you started on your climb or to assist you in your journey over, I've included a few of the self-loving beliefs required for a self-sustainable, self-loving life. Check out which ones you want to call in this year and then start becoming more aware of how you can make small shifts internally to make big shifts externally:

I DESERVE TO TAKE CARE OF ME. I take care of me without feeling guilty or like I should be doing something else, and if the guilt creeps in, I quickly wash it away.

I REPLENISH EVERY DAY. I can and do meditate, relax, or take a walk everyday and see it as productive time vs. wasting time. I recharge and retain my energy daily.

I TAKE A WEEKLY PAUSE/SABBATICAL, EVEN IF ONLY FOR A FEW HOURS. I schedule ME into my calendar every week, picking a set day or half day every week that is just for ME. I stick to it religiously and during that time only do things that fuel me up. I don't feel one ounce of guilt about taking the time either! It's my time.

I GIVE UP THE BADGE OF BUSYNESS. I remove the word 'busy' from my vocabulary and choose other more empowering words that describe my state of choice. I give up being a martyr or a victim of my circumstances. I know how to get myself out of overwhelm. I stop congratulating my friends for being able to get so much done in a day, and start acknowledging them - and myself - when we take care of ourselves.

I RECEIVE. I release the belief that it's better to give than to receive. It's both AND, not either or. Receiving allows me to give from my full reserves, without depleting ME. I trust the more I open and allow, the more opportunities, help and support come to me, without having to 'do' it all myself. I accept these gifts when they show up.

I DON'T HAVE TO DRIVE AND STRIVE IN ORDER TO SURVIVE. I give up the 'carrot chasing syndrome' and practice presence everyday. Instead of believing that my happiness or security comes from out there - from some external achievement or acquisition - I know how to find peace and happiness by being with what is right now.

I SEE THE VALUE IN BEING... I BE BEFORE I DO. I believe that my true power comes from the silence I find within me and with my connection to a higher power. This is where my Inner Wisdom lives, and I know that I must slow down to listen to it. I choose to believe that I can accomplish even more by BEING before DOING. I know and trust that what can look like inaction will really take me farther, faster and with more ease.

I AM ENOUGH. REGARDLESS IF I DO ANOTHER THING. I stop valuing myself based on what I do or accomplish, and I start valuing myself based on who I show up in the world as. If all I did was show up and express love, that would be enough.

If you are really daring and ready to shift your patterns of unsustainability, consider trying a 40-day self-love practice. These practices have been the missing link for me to reprogram my DNA from the inside out. This past summer, I led a group of 100 women on a 40-day self-love virtual retreat called the [Summer of Self Love](#) focused on the super power of Receiving. You can learn more about 40-day self-practices at www.SelfLoveStudio.com

How to grow your Self-Love



1♥ Choose a Gate of Self-Love

Using the 5-gates of self-love as a guide, choose one as the place you take a stand to grow more self-love in this year.

Write that gate in your words on the next page to really embrace this commitment to you!

2♥ Grow your Self-Love Daily

Using the daring acts of self-love we've provided in this book, make self-love a practice. The more you feel the love inside of you, the more your heart will expand to receive it.

3♥ Promise Yourself Love-Forever

Throw a self-love party for one using the double love dare created to give you a HUGE boost of love.





i choose

give yourself love

DARE TO LOVE YOU EVERYDAY

♥ loving yourself is as much a feeling as it is a practice. to keep your self-love growing, your cells need to know what it feels like to express self-love, without holding back. So i dare you to love yourself more everyday, using these daring acts of love. they may feel a little unnatural or weird to start, so "fake it til you make it." Trust me, if you keep loving, you will break-through to feeling it!

DARE #1 THE LOVE SOAK

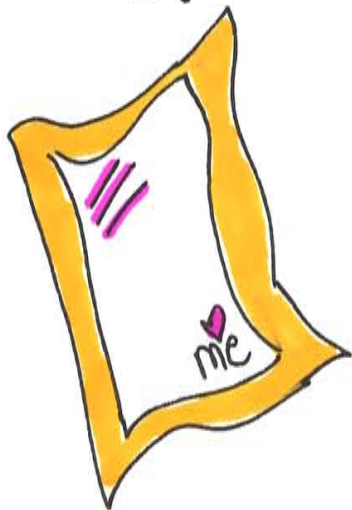


At first waking, before rising from your bed, keep your eyes closed, wrap your arms around your body + love yourself. Just like you would hug a partner in the morning, but that partner is you. Lay there in that hug, feel your heart open, & imagine pink light wrapping around you, infusing all your cells with love. When you feel it, open your eyes.

↳ How you start your day is how you'll live your day. ♥

- Kristine Carlson
author, Don't Sweat the Small Stuff for Women.

DARE #2 MIRROR MIRROR



Every morning - before you brush your teeth, pee, or have your morning tea, head straight to a mirror, get real close like so you can see the color of your eyes, breathe one deep breath, + then tell yourself...

“I LOVE YOU, < Insert name >”

Repeat 10x daily... and for extra love ♥, throughout the day, sneak a peek in any mirror + instead of checking your hair, whisper to yourself “Self, I Love You!”

DARE #3 LOVE ME SERENADE



This dare can be done while walking, driving, taking a shower, or even skipping. The only requirement is that it is done OUT LOUD!

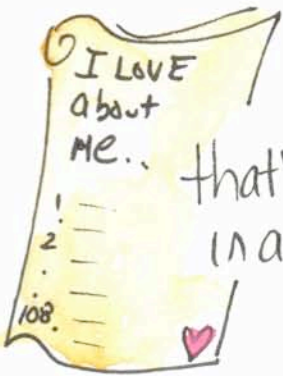
THE dare? SING (yes SING!) out loud, to any tune you choose what you love about you.

These can be qualities, quirks, actions you took that day... this is about you celebrating you!

double ♥ dare

THROW Yourself a Self ♥ Party!

1. **MAKE a Love List:** 108 things you Love...
ABOUT YOU!



that's right ... 108... it's the most significant #
in all of the universe + you are that significant too!

2. **MAKE a set of LOVE Promises** ... to Yourself!

I PROMISE ME ♥ What promises do you want + choose to take
With yourself ... this year or over a lifetime ... from
a place of self-Love + respect, from the deepest place of
Love you have for your most beloved partner - YOU.

♥
I AM
gentle
with myself

INFUSE EVEN MORE LOVE INTO YOUR SELF-LOVE
PARTY WITH THE MUSIC OF INDIA ARIE,
KAREN DRUCKER & MELISSA ETHRIDGE

♥ the song
Private Party
+
I CHOOSE
HEART OF A WOMAN!

start your love list here...



108
things I
love about
ME

I VOW to LOVE ME

I PROMISE to...

♥ know my truest self

♥ be completely honest with ME

♥ love myself for exactly who i am, today

♥ freely & fully express myself, never apologizing
for who i am, or am not!

♥ Make My happiness & priority

♥ forgive myself when i'm not perfect

♥ see my beauty everyday

♥ celebrate myself

respect
myself
be kind to
myself
honor
myself
trust
myself

and most of all...

NEVER Settle for less than My HEART & SOUL
desire *



MY
PROMISES
to
ME





Share the Love

How can you inspire the women & girls you love?

One of the best parts of saying YES! to a forever journey of falling in love with yourself is that you get to invite the women and girls in your life to do the same. I believe that at this time on the planet, we have an opportunity to create a world in which every GIRL and BOY can be born in love with themselves and stay in love with themselves... without having to go back to find the self-love they lost along the way. To make this shift,

all it takes is each of us making the choice to LOVE ME, and then bringing together women and girls of all ages to openly express and explore SELF-LOVE.

And here's the other great part of all this... SELF-LOVE IS FUN! Listed here are 3 super easy and fun ways to create a self-luv-apoolza for those you love - IMAGINE the gift you could give these women & girls... IMAGINE a world of self-love!



A MOVIE & SOME GIRLTALK



A woman's power comes from sitting together with other women sharing from their hearts, witnessing the stories of other women and realizing that she is not alone -- that we ALL feel so many of the same ways. For many women and girls having that kind of intimate conversation can be a little intimidating... and even for those who have learned to love being in circles with women sharing from the heart, without a solid stake to tie into, the conversation can go all over the place. In 2010, I attended Marianne Williamson's Sister Giant event and experienced the power of sitting in a room of 500 women watching powerful images and stories of women on screen, and then having what I call "real and wise girltalk" afterwards. I've also experienced this same power with 5 women in the room, especially when there are different generations present. So no matter how big or small, gather the girls! Suggested movies:

Knowing Yourself, Our Common Herstory: ["Iron-Jawed Angels"](#) with Hilary Swank

Loving Your Body Temple: ["The Inner Weigh"](#)

Be Nice To Yourself: ["Miss Representation"](#)

Self-Sustainability: ["Killing Us Softly"](#) and ["Race to Nowhere"](#)

I've also created a conversation technology called Girltalk... Taking it Deeper that guides you through creating meaningful conversation that's not too scary, that invites in everyone, and that leads to personal shift. To learn more [click here](#), and you'll be taken to Girlfriend Celebrations website where we provide quarterly Girltalk conversations.



ME PRINTS



It's time to play girls! Each woman makes her own personal collage of herself – a.k.a. her ME Print - using, of course, her very own body...

and then after you are all done, you'll put the silhouettes on the walls, walk around, and tell each other what you see. Here's how it works.

1. Get lots of magazines, scissors, markers and stickers. Then per girl, get one glue stick and one large piece (about 5 ½ feet tall) of white or brown butcher paper. You can also do waist up, but I like the whole body best.
2. Pair the girls up, and have them trace each other's silhouettes on the paper, making whatever body form they want.
3. Women take the magazines and their silhouette and spend about 1 hour ripping out pictures and words from magazines that fit who they really are (and are growing into), and then pasting the images and words onto the silhouette. The challenge here is not to think, not to do it perfectly, but to follow your intuition on what images to pull and where to put them. As woman cut the pictures out, they use the glue sticks to paste the images inside the silhouette, wherever they feel like it should be placed. Again, no linear thinking allowed. Just go with the flow.
4. After the hour is up, some women may have a fully covered piece of paper, others may not, and that is okay. Ask the women to cut their silhouettes out and tape them to the wall (masking tape please).
5. Do a gallery walk and look at all the silhouettes. Just take them each in.
6. VERY IMPORTANT LAST STEP: PLAY "I SEE IN YOU, YOU SEE IN ME." Depending on how many women you have, either do this as one group or smaller groups of 5. Each woman will need about 7 minute to share her ME PRINT & be witnessed. The game works this way. Each woman stands in front of the circle of women holding her ME PRINT. And she says out loud what she sees in herself, using the words, 'I see in ME....' The other women tell her what they "See in her" that is, what they see from her silhouette, using the words, "I see in you...." It's amazing what happens during this exercise. Women tap into their intuition, and women feel SO SEEN (this is a real gift to each other, don't skip it!)



LOVE LETTERS



Ask the girls to write a letter to their younger self at the age of 10, 15, or 20 about what they would want her to know and what she would want to say to them. Read your letters to each other out loud. Share what you learn. Share what it was like to write back to your younger selves. Gather all the collective wisdom and write something up after the event. Send it out to everyone who attended and ask them to share it with their friends.



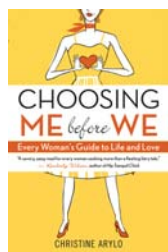
the Path of Self-Love

How to get more self-love

Your journey through self-love is an adventure of a lifetime ... and it's one you don't have to do alone! Thank goodness! I am all about self-love being deep and life changing but only if it can be FUN and DARING too, and only if we get to experience the ride with other fabulous beings along the way.

In service of self-love I've written, created and produced all kinds of fun and daring ways for you to grow your self-love no matter what gate you stand at. I've included some here. It's also part of my self-love service to share with you other people, books, & experiences that I think teach and embody self-love. Throughout the year, you'll receive emails from me helping you cut through the clutter to the most powerful sources of love out there. Take whatever feels good for your self-love journey and leave the rest,

knowing that when you stop and listen to your heart... it will always guide you to a path of love!



Self Love & Love Relationships

Choosing ME before WE, Every Woman's Guide to Life & Love

www.mebeforewe.com

Married, single or in a relationship, the truth is you have to love ME before you can have great love. I wrote this book because I know the kind of relationship you get when you don't have self-love, and the kind of soul partnership that's possible when you do. I believe we all really want to be deeply loved, we just don't know how to find it in ourselves or let the love in when it shows up from another. This book is full of the questions you need to find your own truth, and my personal stories that will make you realize you are not alone.

"This book was life changing." - Sallie Ann, Chicago



Stop Being So Hard On Yourself

Inner Mean Girl Reform School

www.innermeangirl.com

If you're ready to give up comparison, self-sabotage or that voice of self-doubt keeping you back, then join me, Amy Ahlers, and 10,000 women on the Inner Mean Girl Revolution, where we are taking a stand to transform your Inner Mean Girl into your Inner Superheroine! Get started with the Free! Inner Mean Girl Transformation Kit by [clicking here](#). Identify your personal mean girl & learn super powers guaranteed to love her to death!

STAY TUNED FOR MORE SELF-LOVE OFFERINGS ALL YEAR LONG! & [JOIN OUR FACEBOOK PAGE](#) FOR DAILY INSPIRATION



the Madly in Love with ME Manifesta

We believe that you have the right to fall madly in love with yourself. To be so in love with who you are, to so deeply honor your body, mind and spirit that every choice you makes reflects that same deep honoring. That you are not only *entitled* to love yourself, you are *empowered* to love yourself simply because you are.

In this world, where you *KNOW* how to fall madly in love with yourself, there is no need for you to fit into someone else's image of what beauty, intelligence, and success is, there is only being the being who you truly are inside of your soul.

You are free to be, fully.

In this new world, where a you are *ENCOURAGED* to fall madly in love with yourself, there are no apologies for who you are (or are not), there is full acceptance and celebration of who you are, right now in this moment. Your heart is open, to give and receive.

You are free to love, fully.

In this world, where a you *LIVE* a life where you falls more madly in love with yourself everyday, there is no living for tomorrow or sacrificing and settling for today, there is only creating the world that your heart and spirit desire at the very core of their essence.

You are free to live, fully.

*there is nothing more beautiful, powerful and free
than a person who truly loves themself*

- Christine Arylo

CHOOSE SELF-LOVE





www.madlyinlovewithme.com
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