

# 7 POWERFUL SELF-LOVE PRACTICES

Own who you are, Queen!



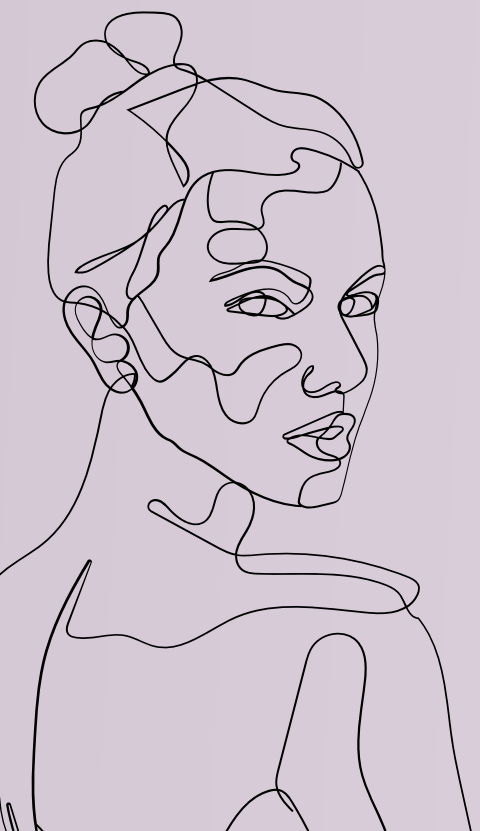
# Welcome darling!

We would like to congratulate you for deciding to check out this ebook, because hey, dear, by doing this - you are investing in yourself, you are investing in your self-love. Honestly, we are very proud of you!

This proves that you are a work in progress, **you are AWARE**, but you also **want to improve the relationship with yourself by giving yourself the seeds that are necessary for you to flourish.**

It is definitely the 1st step to becoming a better version of yourself. Now, through this ebook, as the title indicates, you will discover 7 Powerful Practices of Self-love that you can start implementing in your life with ease.

Let's start this journey RIGHT NOW!



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# Importance of Self-Love



During our good days we often believe that we truly got a hold on the concept of self-love. We might think that we've mastered it fully. However, when we're going through tough times or having bad days, we usually:

- Turn against ourselves and point out all our flaws
- Criticise ourselves in the harshest ways
- Hold ourselves accountable for all mistakes
- See only the negatives around us, while neglecting all the positives

Truth is, during these days, even looking in the mirror can become a heartbreaking activity. Simply because our judgement is drastically increased during these times.



There is so much talk about self-love in our society, especially recently! BUT isn't it quite outrageous to find out that when we type self-love synonyms into the Google search engine, we get answers such as: vanity, boastfulness, selfishness and egoism.

That is so far from the truth, dear! Self-love is a state of appreciation for oneself that grows through our own actions. These actions support our physical, psychological and spiritual growth. Eventually, self-love can also mean different things to each person because we all have our own ways of taking care of ourselves.

But keep in mind, Queen, that we all have one thing in common:

*Establishing true deep self-love is a long journey.*

**So let's take a look at few tips and practices that may help along the way!**



# Create Your Positive Affirmations





Deary, it is very important to **understand how necessary talking nicely to yourself is**. Because each word is a vibration of love. And interestingly, it is also a strong signal that you send to others, emphasising the way you want to be treated.

***But it is not about pretending!*** You need to acknowledge that you are worthy of love and appreciation, and that you deserve happiness, inner peace and a healthy lifestyle. Because you absolutely do!

**Here are some powerful affirmations that we suggest:**





You can fit your affirmation in specific life areas.

Here is a little example how you can do it:

### ***SELF-AWARENESS***

I am enough  
I love my body  
I am a magnet for abundance  
I am powerful  
I can do anything  
I believe in me  
I inspire others  
I have the power to change  
my story  
I am fearless

### ***RELATIONSHIPS***

I deserve love  
My family and friends love  
and appreciate me for who I  
truly am  
I am in a loving and supportive  
relationship  
I am loved, loving and lovable  
I am full of positive loving  
energy  
I give out love and it is  
returned to me multiplied

### ***WORK MOTIVATION***

I have the power to finish all  
the daily tasks  
I celebrate and appreciate the  
small wins  
My possibilities are endless  
I have my dream job  
I am deeply fulfilled by  
what I do  
I radiate success  
My job bring me financial  
abundance

### ***INNER PEACE***

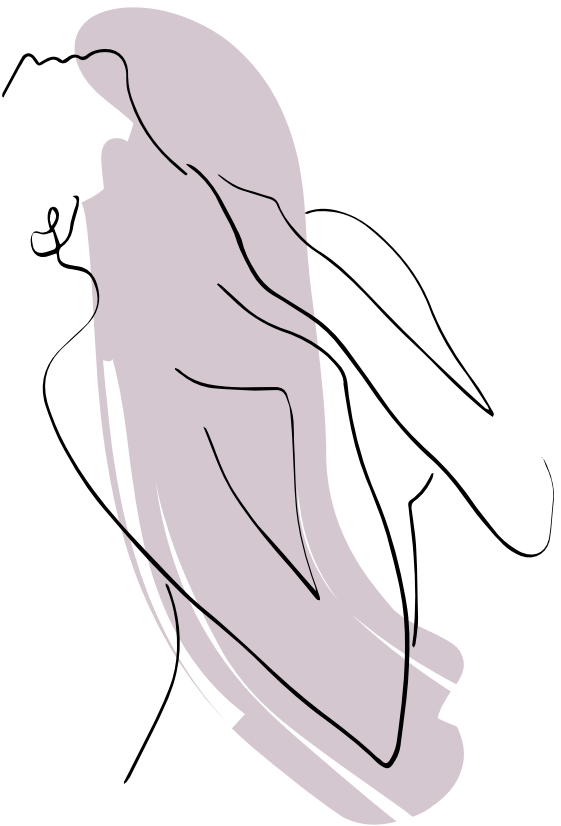
I release all doubts and  
insecurities about myself  
I will stop feeling the need to  
control everything  
I forgive myself and set  
myself free  
Good things are happening  
to me every single day  
Every day I am getting  
healthier and stronger  
I manifest perfect health and  
peace in my life

## How to use these affirmations?

In fact there is no right or wrong way! Simply **relax & repeat them out loud**, and say every single word with confidence. Say and feel the powerful vibration of each single word. This will make them work by creating a ripple effect that starts the manifesting process.

**Consistency is the key!** The more frequently you use these magical statements, the more powerful they'll become.

Of course, Queen, you can add more affirmations to the list and even more life areas that you want to touch upon. Write down the things that apply to you, but also mention the things that you struggle with, including the ones that you want "to change your mindset on".



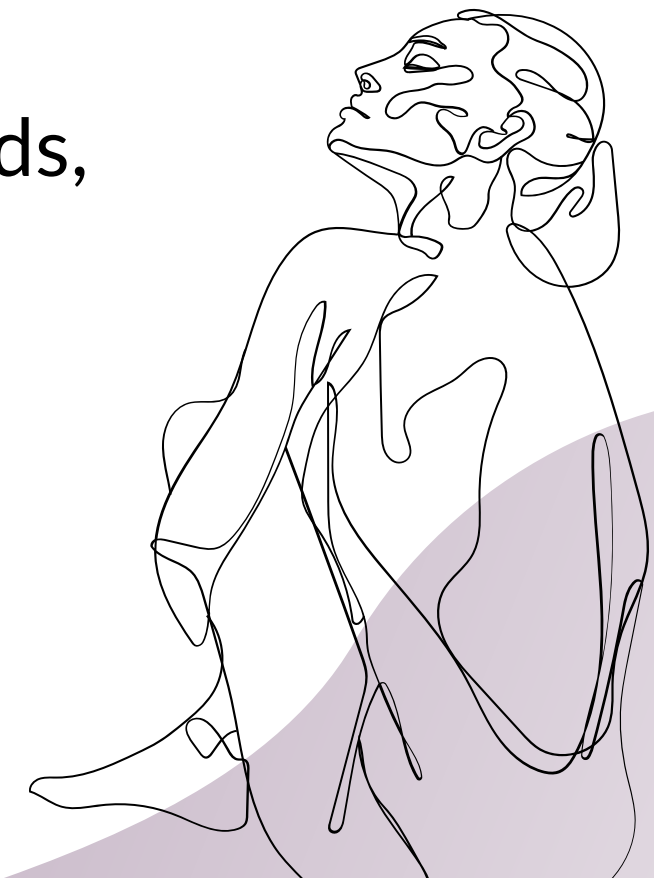
# Nurture Healthy Relationships



Don't forget to take a moment, dear, to think about all the people that are in your life right now and ask yourself these big questions:

- Do the people who are in my life support my actions?
- Do they confront me/call me out when I am wrong?
- *Are they also willing to have an open conversation without judgement and aggression, if I say something in my defence?*
- Am I having stimulating conversations with them, or is it mainly gossip and negative talk?
- Do I feel exhausted or drained after hanging out with my group of friends, family or a specific person?

*These answers will reveal to you the true quality of your surroundings and its energetical level that you soak in.*



Here is the biggest truth - **the most important relationship is the one you have with yourself.** And, yes, it takes sacrifice to cultivate a healthy relationship with yourself.

But that is exactly why you can't waste your time and energy with people that bring you down or worse - bring NO meaning to your growth. You certainly don't need a distraction, you need flourishing evolution and happiness.

As soon as you feel comfortable and unapologetic about your true self, you will start radiating your own unique energy to the world. In return, **your vibes will attract the right people,** who will be a big part of your special journey. Call them "your gang", because they'll be the ones that will truly get you without a need for you to pretend to be someone you are not.



# Declutter & Organize Your Space



**Well Queen, we're about to get close & personal!**

What does your room look like? Would you say your personal space truly represents your true self?! Or is it messy all the time, and you can hardly find the things you need?

Maybe it is time to declutter and get rid of things you don't need? Because cleaning and letting go is also a big part of self-care.

*In addition, it keeps your mind fresh as it cleanses it too!*

**When we intentionally create space in our lives, we  
intentionally choose what to fill it with.**





We are not merely talking about keeping a spotless space, but creating one that reflects the clarity you create in your mind and spirit.

The practice of cleanliness and cleansing means getting real and present with what is actually happening within ourselves and all around us.

Remember, matter creates energy too. You will attract more of what is around you. And you certainly don't want to attract more mess in your life, do you?

**There's no better time than right now, there's no greater intention than action.**

Cleansing our spirit and space will help you shine authentically.



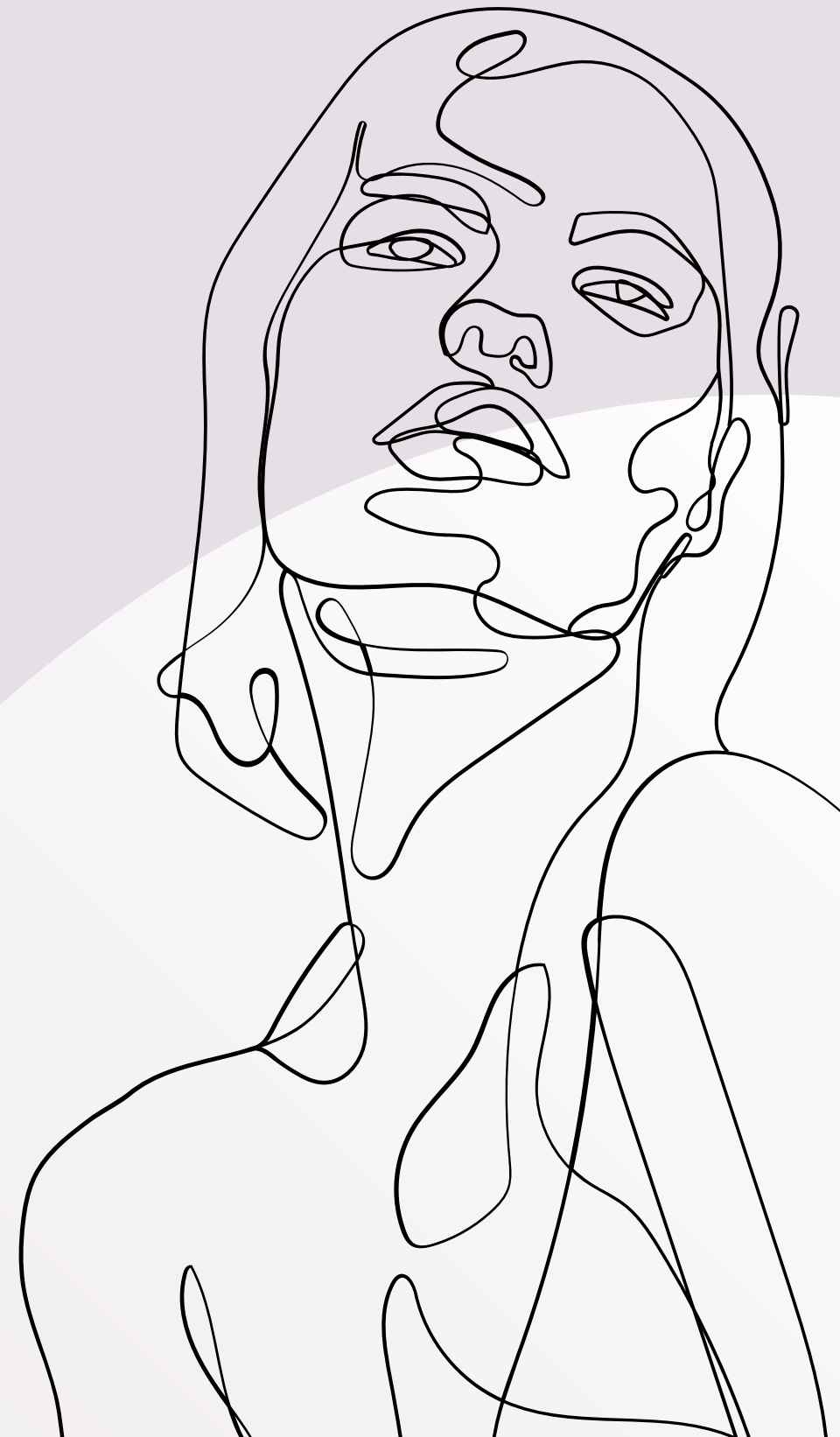


# Unplug From Social Media

We can't deny that social media can be a space of inspiration, motivation or well... it can be just a fun place to create and communicate with friends. It is one of the best ways to put yourself out there, sharing your views and identity.

But we also need to agree that at times it is just a toxic environment where unhealthy comparisons start, causing us lack views: unattainable lifestyles and desires.

**Queen, it is time to take matters in your own hands and be committed to your growth.** Even with social media. You are allowed and even need to minimise your usage or delete all the accounts (either influencers or friends, or even family) that you believe affect your mental state.



While deleting things might seem like a big step, sometimes it is the only way to go in order to ensure your calmness and balance. **Don't feel guilty with yourself, if you need to press that button.**

At the same time, you can also just minimise your time on social media. Remember, it is your choice how much time you want to give to it. **Make sure that the time you give to it makes you inspired and motivated, but not depleted.** Once you feel it is enough - unplug and literally take a vacation from social media. Let it be a day, a week or a month.

*And ow dear, these vacations can be truly fun!*

# Journaling ✨

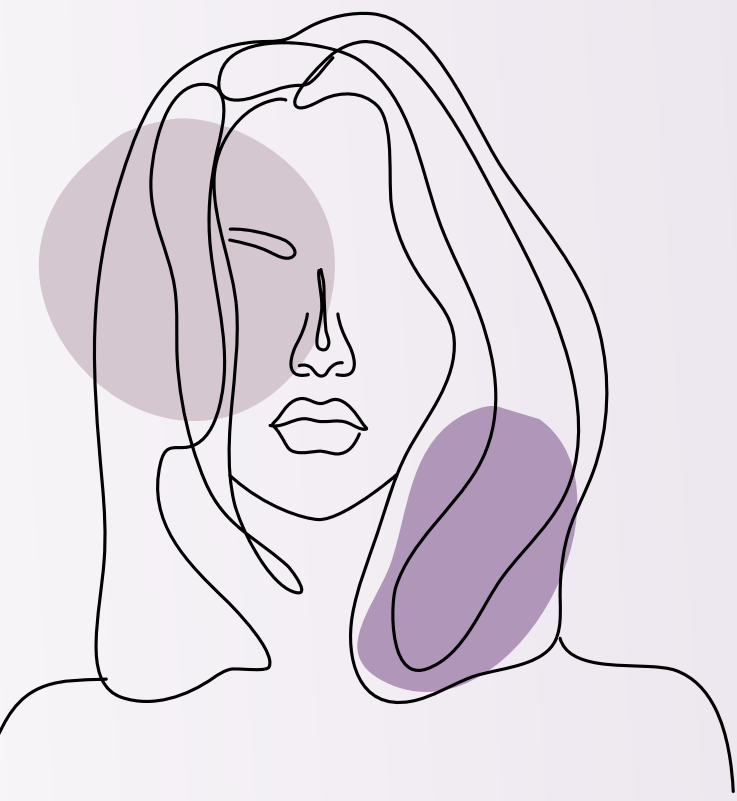


Darling, writing has such a big power. Use it to express your soul and emotions, letting it flow without any restrictions.

No surprise that so many people recommend journaling. After all, having a best friend to whom you can pour your thoughts out any time you want to sounds quite appealing, doesn't it?

And, dear, writing down your achievements and celebrating even those little moments you achieved is pretty much the same as giving yourself a pat on the back. And don't we all need that pat from time to time?

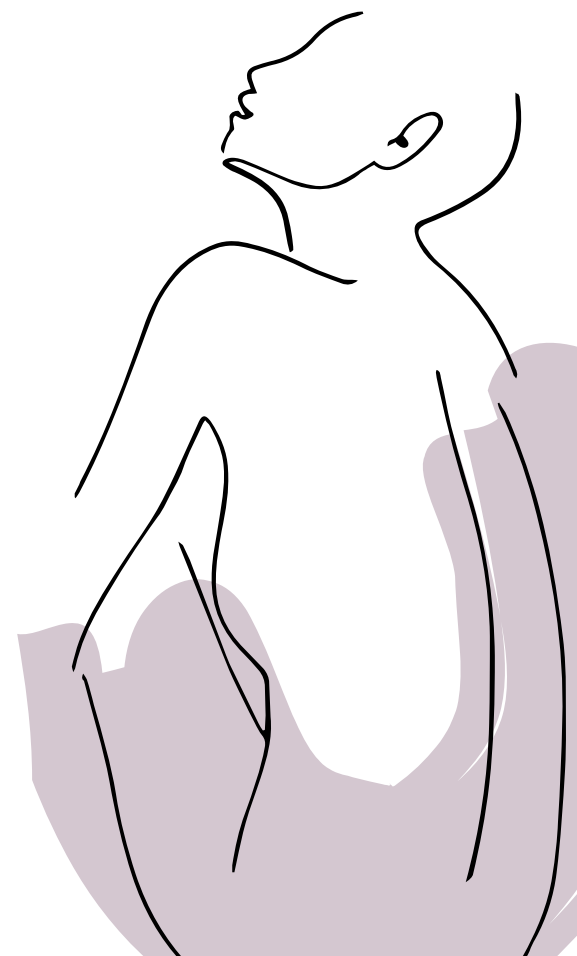
**By journaling you can direct your focus on your victories: what you're grateful for. You can also focus on what you're committed to doing better EACH DAY.**



Oh and Dear, we highly recommend creating a Self-Esteem journal. It's a journal where you can document your own development such as:

- Your own favourite affirmations
- Include your positive patterns
- List your best character traits
- List what you're really good at

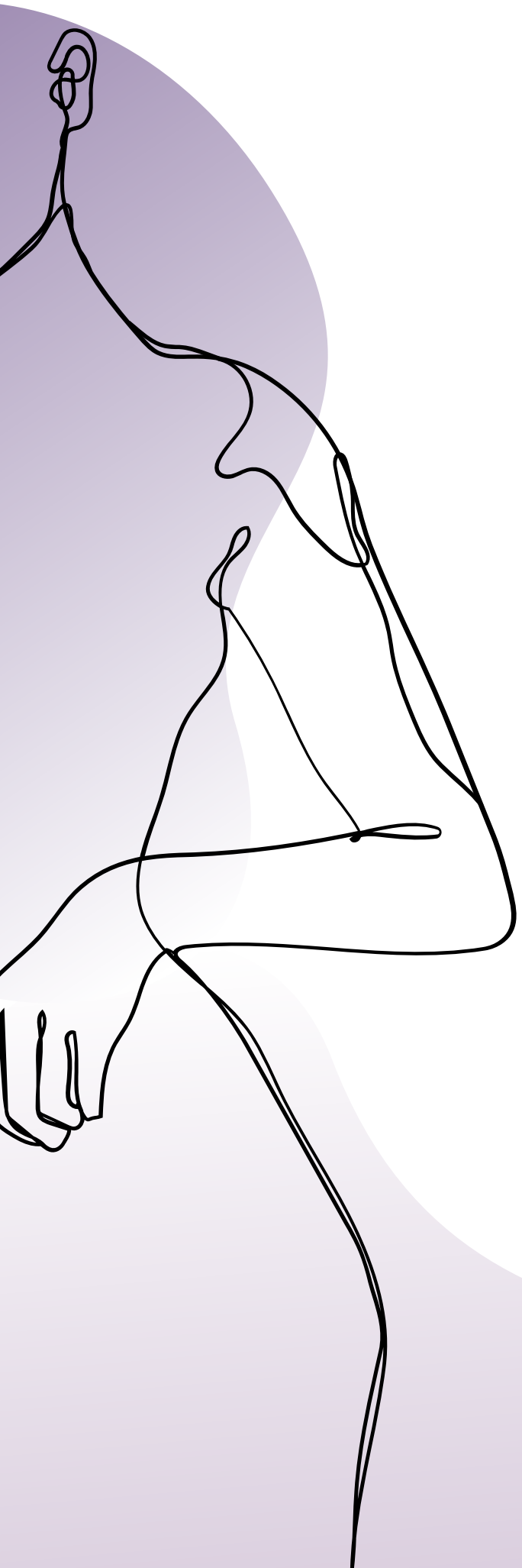
Doesn't that sound quite lovely? A true positive daily bomb, totally for free. Grab it and explode it with joy!





# Acknowledge Emotions & Practice Forgiveness





Here is another big truth - no matter how you feel right now:

**Your feelings are ALWAYS valid! You are not exaggerating anything!**

Accept that you are feeling what you're feeling without judgement. We often blame ourselves when we're having a bad day and avoid everyone, because we think we'll spread our negativity to others.

In fact, that is when we need our friends aka "our gang" the most. They guide us in *evaluating the situation with more clarity and help us look at the bigger picture*. At the same time they remind us that no one is happy all the time.

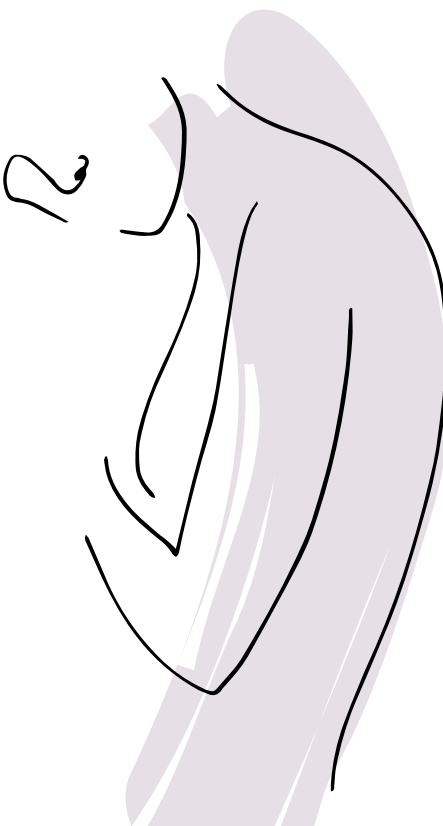
Accepting how you feel is the first step. The 2nd is knowing that **NOT EVERYTHING IS YOUR FAULT**. Sometimes it's no one's fault.

**As we are touching emotions here, we truly need to touch forgiveness too, hun. Because forgiveness is a real act of self-love.**

Whenever we think we are being wronged by others, we hold onto negative emotions allowing it to affect us, which in turn touch many aspects in our lives.

Unfortunately, these negative feelings do not change anything. It does not change the situation itself. It just brings more grief and pain.

There are two ways to react here. In order to protect yourselves, we may not forgive and let other people treat us the way they want. Or **we can learn to forgive and yet, hold onto our boundaries.**



# Take Yourself On A Date



Self-love isn't just a simple buzzword. Taking care of yourself and prioritising “You” isn't a thing you do, because it's trendy. You do that, because investing in your SELF is the key to growth ensuring that you're being the best version of yourself.

**No matter how busy you are, you MUST find time for yourself.**

**Self-love is actually the REMINDER for you to take a BREAK!** So pick any day of the week to literally shut off everything. Enjoy & Celebrate it as a special occasion. Make it a big celebration. Actually, after this celebration you'll be able to think more clearly and effectively. We promise you that.



By spending more "ME time", you'll get to discover new hobbies and new ways of enjoying the little moments of life. You'll get to celebrate your own unique and beautiful progress.

"ME time" also helps to recharge your brain. And a fresh mind allows to view matters in a different perspective. It might surprise you how this can help you resolve some of the "problems" (you might even see that some of these problems are not really the problems). And you'll surely experience less stress and distractions.

**Here are some ideas for a "ME TIME" as cliché as it may sound:**

- Run yourself a bath
- Buy yourself flowers
- Treat yourself by buying that book you wanted
- Buy some new clothes
- Join a new class or a course
- Tune in to your favorite music (don't forget to dance )

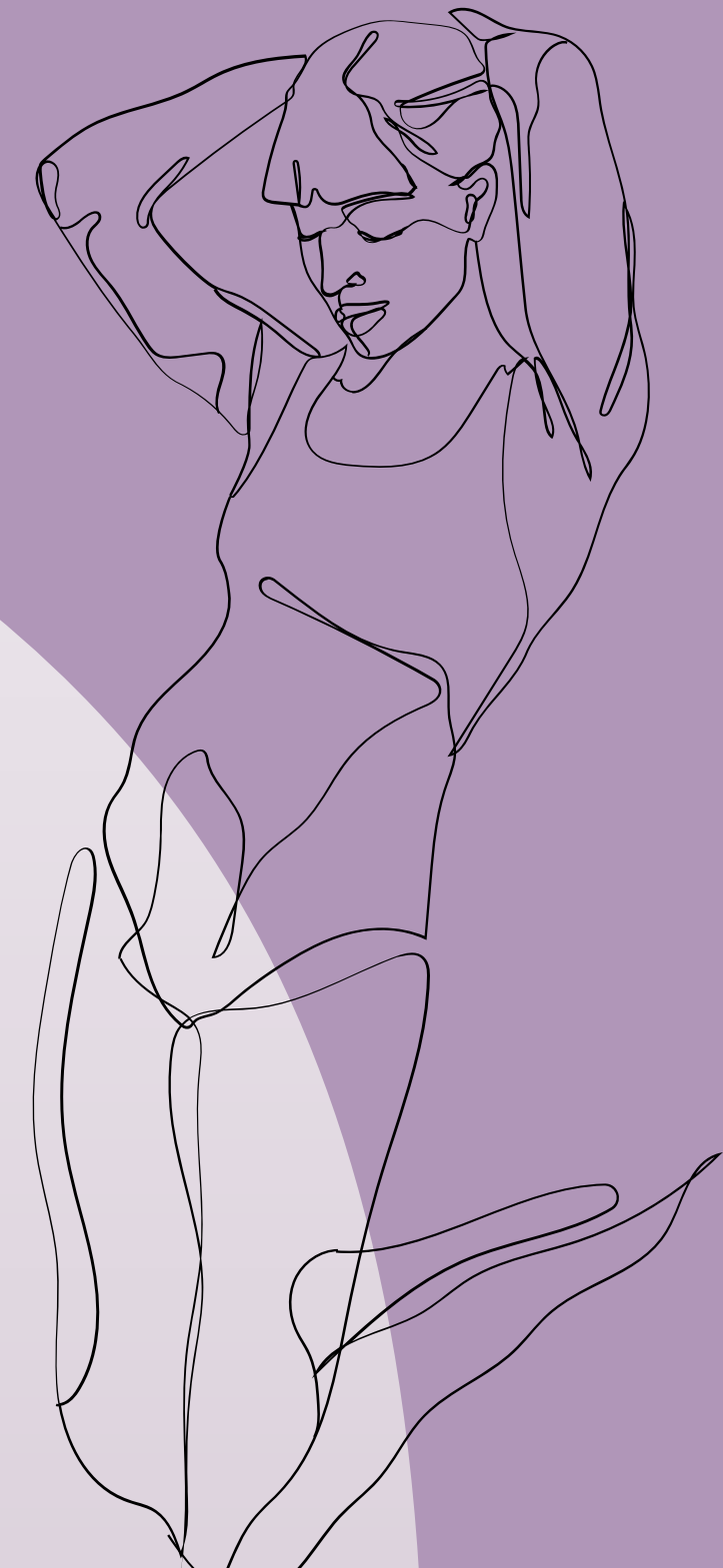


What matters the most here is that YOU and no one else have to devote your own time and check up with the INNER YOU. Only you can make yourself happy!

*By trying to split time between the TO-DO lists and people in your life you might end up losing yourself. So don't forget to account time for your own self-love too!*

**Very Important Note:**

**Don't settle for less than what you deserve!**







Here are few more resources to continue your Self discovery and Self-Love journey:

- **Mystic Queens Circle ebook "I am Enough"**  
<https://www.mysticqueenscircle.com/freebies>
- **"I am Enough Queen" Course** <https://mysticqueenscircle.podia.com/i-am-enough-queen>
- **TED Talk "Self-Love, be Intentional" by Caitlyn Roux, TEDxYouth@CapeTown**  
<https://www.youtube.com/watch?v=DCNOJmmHLkQ>
- **Book "You are a Badass" by Jen Sincero**
- **Book "The Self-Love Experiment" by Shannon Kaiser**

YEES , you have made it all the way here!

Thank you so much for reading this ebook, our Mystic Queens Circle team is sending you so much love. We hope that this ebook was helpful to you!

But most importantly, we want you to be aware that you have made a huge step towards change in your mindset. We are very sure you'll start implementing certain self-love practices in your life and find your own unique methods that fit your needs.

We would love to hear your feedback, please share with us some more practices or just how you felt reading this ebook or what resonated with you the most.

The journey to self-love is long, however **it's about time to start loving, respecting, admiring, forgiving and nurturing yourself!**  
**We love you.**



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