


An Intro to Affirming Self-Love



This e-book
is designed to help you understand
how to use your affirmation cards and
cultivate a self-loving state of mind.

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A Mindful Guide to Radical Self-Love

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Introduction

What is self-love? Define what it looks like and feels like for you. When many people think of self-love, they picture bubble baths and retail therapy. Others might imagine setting boundaries and saying goodbye even when it's hard. None of these ideas are wrong. However, these are the *results* of practicing self-love. How do you even get to this point? By working on "the inside".

With your SaySoSoul Self-Love affirmation cards, you will be introduced to self-love intentions, affirmations, and art as a gateway to accessing your intuition. This process will help you unmask your inner-strengths and navigate heart-centered challenges.



Journal Prompt 1:
What is self love?



Journal Prompt 2:
How do I practice self-love?



Journal Prompt 3:
How would my life be different if I promised to better love myself?





The Radical Self-Love Journey

This moment is where things begin to change for you. Gone are the days of putting everything and everyone else first, without pouring into your own cup. Now, is when you will begin to assign more importance to your own needs and desires. You matter.

To more gracefully navigate the journey ahead, make preparations to better support yourself. Consider the following:

- Schedule a daily time to connect with yourself and your affirmation cards
- Purchase a journal to write down new insights
- Build an external support team. This might include hiring a licensed therapist and knowing who you can call when you don't feel so strong.



Activity A: Build a Support System





Activity B: The Mental Diet

Have you ever been on a mental-diet? A mental-diet consists of releasing negative thoughts in exchange for positive ones. In our modified version of the mental diet, you will simply observe your thoughts for 7 days.

Take note of how often you have negative thoughts compared to positive thoughts. Are there any themes - for example, in what circumstances do these thoughts come up? What people are you around?

The goal is to understand the current health of your beliefs, without self-judgement. This will later serve as a benchmark to celebrate your growth after introducing positive affirmations.

What's on Your Mind?

Your self-love journey begins by diving to the root of things - your thoughts. Your thoughts rule your personal reality. What you believe about yourself and the world can limit you or set you infinitely free. The words that you believe and speak about yourself also impact your mood.

The good news is...you get to choose which thoughts you believe, feed, and live by.

SaySoSoul Self Love Affirmation Cards will inspire you to replace unsupportive thoughts with supportive thoughts through practicing positive affirmations.

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Getting Started With Your Affirmation Cards

Positive affirmations are defining statements that can help you to rewrite and overcome self-sabotaging and unsupportive thoughts. When you repeat them often, and believe in them, you can start to make positive changes.

1) Set Your Intention

Hold the card deck in both hands and close to your heart space. Imagine the deck is a good friend. Speak aloud or think about how you hope working with the affirmation cards will help you. If it resonates with you, close this practice with personal prayer. The energy exchange will improve your experience in receiving clear & aligned guidance during this journey.

2) Get to Know Your Card Deck

Set time aside to read each affirmation aloud within the card deck. Notice how you react to the written words and imagery. Oftentimes, the first situation or thought that comes to mind is what desires your attention versus being suppressed. You could also find yourself triggered or uncomfortable which signals an opportunity to shift your mindset; ask yourself "why" and seek to understand where your resistance to accepting positive statement comes from.

3) Take a mental inventory

It's important to know where you land on the self-love spectrum. This will help you notice your own growth and celebrate it! Try out the mental diet (page 6).



How to Use Your Affirmation Cards

Decide the methods by which you'd like to work with your cards, how often, and where you'll practice your affirmations. There is no right or wrong way to use the deck, but be intentional about your practice.

The results of working with the affirmation cards will be reliant on how open and committed you are to the process.

It's best to practice your affirmations as soon as you wake or right before bed at night. A daily or weekly practice is ideal. But of course, you can pull a card if you feel drawn throughout the day!

Here are some suggestions for picking a card:

- Shuffle the deck and randomly pick a card that you feel drawn toward
- Pull the first card on top
- Arrange the cards face up. Select from the image you're most drawn toward.
- Ask a question before drawing a card at random
 - Example: What is blocking me from xyz? -OR- What does my heart need to hear most at this time?

Read the affirmation and examine the illustration. Journal about what thoughts and feelings arise. Hold the affirmation as a reminder throughout the day and repeat it when unsupportive thoughts or patterns display. Align your actions with the affirmation.



Meet the Author

Atiya Bloom is a natural-born leader, lightworker, and Reiki Energy practitioner. Her products, content, and events heal the binds of destructive thought patterns through personal development and self care. She first felt inspired to work with self-help and spiritual tools when healing her own relationship with depression and anxiety. Since then, she has built 10+ years of experience learning different healing modalities and opening to her innate healing nature.

With her gentle, yet rooted presence, you're able to clear and obtain new perspectives that give you hands-on practices for unlocking your own healing.

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