



What Is Self-Love and Why Is It Important?

-Pamela Savino

Introduction:

I'm so grateful that you're here. You showing up as you are is a powerful statement. You're saying "I want to learn. I want to grow. I want to become the best version of myself." Your willingness to show up speaks volumes about you and your commitment to growth and transformation, and I couldn't be more honored to walk with you on your Earthly journey.

We have come to this Earth to grow and transform. There is nothing more exhilarating than witnessing someone's evolution, and helping others on their journey is truly what sets my soul on fire. I'm honored that you have made the choice to be here. I'm confident that this course will play a powerful role in your transformation, and I am excited to share in this experience with you.

Outline:

1. What is Self-Love and why is it important?
 - Why are we here? To grow and to love. Not here to maximize our bank account, accumulate stuff, live to work, etc.
 - Lifestyle built around mind/body/spirit practices
 - Raises our vibration - influences what we attract
 - Allows us to partake in the human experience from a deeper level
 - Putting yourself first is not selfish, it's necessary
 - Keep your pitcher full

Content:

I remember the days when my kids were little and I felt totally exhausted, stressed, and overwhelmed on a daily basis. No matter how much I did, I always felt like I wasn't doing enough. I had 4 kids within 7 years, and most days getting out of my pajamas before noon felt like a major accomplishment. My lunch would consist of the crust I cut off of my kids' grilled cheese sandwiches, and some combination of coffee and sugary drinks would get me through the rest of the day. Until of course, I dropped like a rock out of pure exhaustion at night, only to wake up and do it all over again the next day.

I totally looked like a great candidate for one of those make-over shows. Most days I ran around with my hair in a pony-tail, no makeup, sweatpants, and almost always a hoodie. One Wednesday I was meeting some friends out for dinner. My 3 year old son said to me "Mom, why are you so dressed up?" The reality was that I wasn't really even that dressed up; it was just a rare occasion that my hair had just been blown out, make-up was on, and my shirt surprisingly didn't have a hood. I said "I'm going out with my friends tonight." He said "You have friends?" I look back and laugh now, but the harsh reality then was that he didn't see me in any other role than my mom role. As much as I love that role, I wasn't taking the time to invest in any other aspect of my life. I didn't even realize that there were other spokes to my wheel, and poured all of my energy into everyone else and everything else. At that time, I didn't even make the connection that I was feeling the way I did because I wasn't investing in myself.

I couldn't even justify having a gym membership because that would have meant yet another guilt-stricken decision that took me away from the family even more. Without even realizing it, I was letting life run me. I was drifting along unconsciously, not even aware that my reality was a reflection of decisions I was making throughout the day. I had to come to terms with the fact that this was all a result of me *allowing* it. I was allowing myself to take on too much. I was allowing myself to refuse hiring extra help with the kids while my husband traveled, because as a full-time mom I felt like I should be able to handle everything myself.

I wasn't making the necessary investments in my marriage and I certainly wasn't prioritizing myself. I thought that's just the way life was; being

exhausted and stressed was just par for the course in adulthood. After years of struggling to maintain any semblance of balance in my life, I finally realized that this model simply doesn't work. You can't fill up other people's cups when your pitcher is empty.

I got to the point where I realized I had to make some drastic changes. I thought to myself, there *has* to be a better way. There has to be a way to do life where you feel energized and empowered instead of depleted and powerless, regardless of what you have going on around you. I had to abandon patterns that weren't serving me, such as compromising sleep for the sake of laundry, compromising nutrition for the sake of convenience, and compromising my overall mind/body/spirit well-being for the sake of others. I had to learn an entirely new language; the language of putting myself first. I had to learn how to say no, without guilt. I had to learn how to make conscious decisions that were aligned with nourishing my mind, body and spirit.

Nurturing yourself first, before you nurture others, isn't selfish, it's necessary. Everything stems from you and the relationship you have with yourself. If you aren't feeling good about who you are, you'll be much less likely to feel good



about anyone or anything around you. Self-love is the practice of nurturing your mind, body, and spirit, and is the most worthwhile endeavor you could pursue. Why? There are several reasons, but the most significant are: First and foremost, plain and simple, you'll feel better; physically, mentally, spiritually, and emotionally. Secondly, you'll attract more amazingness into your reality because committing to self-love raises your vibration. What is flowing into our physical reality has a direct correlation to the frequency we are emitting. If you want to attract better, vibrate higher. All of these efforts translate into partaking in the human experience from a much deeper level.

Self-love involves the practice of nurturing your mind, body, and spirit. This includes self-care and other self-love principles, such as self-awareness, self-compassion, self-forgiveness, and more.

The million dollar question though, is...How do you learn to practice self-love? Self-love is a life-long endeavor that requires constant cultivating, but this course will section you'll be well on your way!

Experiences for this week:

Adopting a new lifestyle - one that prioritizes nourishing your mind, body, and spirit - is no small task. Remember that Rome wasn't built in a day, and you can't expect that your new lifestyle will be completely overhauled in a day. This will be a fascinating process of self-discovery as you develop your own persona recipe for self-love. The regimen for each individual's self-love is as unique as the individuals themselves. This process does allow for, and even requires, healthy doses of creativity, as you'll be trying out different practices to see what works well for you.

I highly recommend journaling your journey through self-love. Even with technology being so readily available, I still sit down with a pen and journal several times a week to process my thoughts. If you are able to, consider purchasing a journal or notebook to dedicate to this journey of self-love.

The first module of this course is a high-level overview of the areas we will be exploring in greater depth throughout the course, so what I'd love for you to do first is to reflect on where you are and where you're going. Look at your

calendar and find a few hours that you can commit to yourself and to kicking off your journey through self-love. After you schedule it, honor the commitment you've made to yourself, in much the same way you would honor the commitment of time you made with another person. Find a quiet, tranquil setting that is free of distractions and interruptions. Finding a place in nature to do this is ideal, but if that isn't possible, going for a short walk before you do this exercise will help to put you in the right headspace for this reflection.

Reflection Questions:

- Do you currently believe that putting yourself first is selfish? Remember, there are no judgements; the first step is understanding where you are. It's okay to say yes here; I used to believe that.
- How do you feel on a daily basis? Energized? Fulfilled? Exhausted? Depleted?
- Do you feel guilty about putting yourself first?
- How would you describe what is flowing into your reality? Are you pleased with what you are getting, in terms of people and experiences?
- Do you see a correlation between what you are attracting and the vibration you are emitting?
- What investments are you currently making in various aspects of your well-being: mind, body and spirit?
- What areas in our life do you think have the most room for growth?
- List barriers that you have encountered, or expect to encounter, while making strides to invest in yourself.
- How does the idea of taking steps towards a new lifestyle rooted in self-love make you feel? Do you have any fears? Does it make you feel energized? Revitalized? Describe your thoughts and fears as you embark on this new phase of your journey.