

# STEPPING INTO SELF LOVE

## MODULE 3

### *Do YOU know what you mean?*

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*Using the information from module two, we go much deeper for a more in-depth knowledge of what on these words and phrases really mean to you and how this can change the dynamic in your relationship.*

*It's very simple, you take the list and expand on it.*

*In order to avoid being overwhelmed, re-read your list and choose the top ten (10) phrases on your list.*

*Turn each phrase into a paragraph that describes more fully what you mean and why you believe it to be it to be true.*

*This process can take time – so give yourself time – don't rush it and don't be caught up in making it perfect.*

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