

STEPPING INTO SELF LOVE

MODULE 5 *Shift the Focus*

*In this module we get really clear on your relationship with yourself.
This is where we can start to focus on self-love and what it may mean to you.*

So, previously you designed your perfect relationship.

It's what would make your heart sing and transform your relationship into your dream love affair.

Now this is the part where we start going deeper.

Remember Module One? Remember that "Love is an Inside Job" well that means we need to step and take responsibility for designing that relationship.

We need also become responsible for our own self-care and self-love; one of the loneliest places to be is inside a relationship where we are intent on blaming and passing the buck for our happiness to our partner.

*So we have now identified what we believe we wish our relationship to be.
So let's take this list all over again and this time let's change the focus – put our partner to one side for the moment.*

Take last list of 10 paragraphs,

Very simply take our list and mark yourself out of 10.

1 is I have never even considered it necessary to take any action in this respect.

10 being I absolutely treat my self well in this respect and can do no more.

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