



FEMCITY®

SELF-LOVE

Created w/ love + prosperity vibes for you
by Founder of FemCity® Violette de Ayala

LET'S WARM UP:

What does self-love mean to you?

How do you take on self-love?

Self-love has been proven to increase confidence and revenue, and it helps to maintain a high vibe which brings in more opportunities.

With this in mind... please answer these questions:

What can you do to increase self-love?

What areas are you the harshest when it comes to self-love?

At times we share internal stories that hold us back, and it originates from a place of fear versus a place of love.

What is a story you share often in your mind that doesn't come from a place of love but more from a place of fear?

What are some ways you can change this story or any other story that you share internally so you can elevate your self-love?

Are there any activities that you take on that don't come from a place of love and impact your self-love connection?

HOMEWORK: Work on listening to the messages that you share or the activities you take on that don't support a high level of self-love. Try to edit these messages and the activities by the responses you noted above.

