



An Inspired Journey To Loving Yourself More

Everything
you
experience
begins and
ends with
YOU

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You Deserve Your Own Love

Yes! You deserve to receive the love you are able and so willing to give.

One of the best gifts we can ever receive is our own love equal in measure and quality to what we give to others.

The purpose of this journal and my intention for it is that you fall in love with yourself.

I wish for you to **fall in love with who you are**, to **like yourself just as you are**, and to **appreciate yourself like you never have** until now.



Imagine....

... looking in the mirror and **smiling into your own eyes** with contentment. You can.

... looking at yourself and seeing yourself – your whole self – and **liking what you see**. You can.

... closing your eyes and **seeing your inner Being**, perhaps for the very first time. Imagine seeing your inner beauty, all of your qualities; understanding your Being and Purpose, knowing your abilities, recognizing all of your accomplishments, and **feeling your essence** – the YOU you may have forgotten. You can.





It is not joy or happiness that make us grateful, rather being in gratitude brings us to the joy of happiness.

YOU are the most influential and essential part of your life.

Whether you realize it or not, believe it or not, the fact is that you truly are the center of your universe. Everything you do and experience begins and ends with you.

Why do I say that?

Because you are the common denominator in all your life's happenings. You influence your environment with how you feel about yourself and what you think of yourself. Everything in your world stems from you.

Also, your personal filter, your unique perception of everything, colours and flavours all your experiences and relationships.

How you relate to yourself is how you relate to the world around you and everything and everyone in it. You are very, very important; actually, you are most important because without you your world does not exist!

And in case you're wondering, none of this has anything to do with selfishness or self-centeredness because it's not about giving only to yourself, it's about giving also to yourself. That's self-kindness and self-care and you deserve it all!

The wisdom of this Journal is encoded in the gift of insight, your freedom to choose differently, and in self-recognition which will enable you to inspire yourself to experience who you are beyond your wildest dreams. Everything becomes more beautiful as you realize that you are so much more than you ever thought. And it begins within YOU!





This Journal is intended to:

1. Inspire you to continuously recognize and acknowledge your own attributes
2. Lead you away from self-judgement and toward self-appreciation
3. Underscore your awesomeness and your achievements
4. Bring your attention to what works in your life
5. Help you have a more positive relationship with yourself, with others, and life in general
6. Help you reach that point where you give yourself permission to put yourself on the "To Love List"
7. Inspire you to like and appreciate yourself more and more and more

The last point has a very special meaning. As you probably noticed, much is being said about self-love these days, yet no one is talking about **self-like**. If there are aspects of yourself you do not like, for example, your body or your behaviour at times, it is unlikely that you love yourself all that much. This is why, I believe, liking ourselves is imperative because without it, it's impossible to truly love yourself and sustain it once you get there.

It is through my work and personal experiences that I realized how difficult it is for so many of us to know how to appreciate ourselves and find reasons to be grateful for who we are. **We don't always know how to see the good in who and how we are.**

Even though you might find some of the following suggestions quite obvious or unnecessary, I know there are many women out there who will be very glad I mention them here. **It is my hope and intention** to help bring the attention of each reader to aspects of themselves which they don't think about very often.

As you know, it is much easier to notice others and what's 'out there'. It is time now to focus inward and **notice the beauty within**. Let's get you to see **YOU** as **the amazing, talented, capable, fascinating Being** you are.

*The most impactful story you will ever tell
is the one you tell yourself.*



∞ GETTING TO KNOW YOU ∞



There are so many things we just don't pay much attention to and there are just as many reasons for it. Bottom line, it can be different, and you can make it happen; mostly because you deserve it and because you can!

If I were to ask you how often you think of yourself in positive terms, what would your answer be? Often, sometimes, never?

Here are just some of the ways you can begin to acknowledge your wonderful self and begin to change your life in a relatively short time.

Be curious and consistent, journal and, even if it seems strange at first, just keep going.

Love WHO You Are

Who are you as a mother, daughter, sister, employee, neighbour, colleague, wife, and friend? This is when you begin to consider your personal attributes.

If it's not very easy to come up with a list, think back to the comments, thanks, and compliments, you have received over time, maybe even last week or yesterday. We tend to disregard them and brush them off, but we mustn't; they are our mirror, life's reflection of who we are and how others see us. In that sense, what we hear from others is life's invitation to receive what we give. Allow yourself to do that now.

To help you with that, look at the table on the next page and see how many words apply to you. You can choose as many as you like but please choose no less than **five**.

Then, to expand this exercise, as you list some of your personal attributes, for each one, write down how it influences your relationships and experiences; you can think of it in terms of what it's like for others to engage you as you exhibit each of your attributes.

This, you see, is how you share yourself with the world.





Examples of personal attributes:

**Generous
Loving
Helpful
Joyful
Patient
Skilled
Trustworthy
Funny**

**Kind
Caring
Creative
Forgiving
Outgoing
Positive
Friendly
Talented**

**Enthusiastic
Fun
Genuine
Imaginative
Sensitive
Original
Understanding
Logical**

**Gentle
Compassionate
Flexible
Intelligent
Polite
Warm
Thoughtful
Insightful**

1.

2.

3.



4.

5.

6.

7.

8.



Additional Notes:

Lined area for taking notes.





Like HOW You Are

So, HOW are you? How do you meet the world and people in it? What's best about YOU? What values drive your choices and lead you in life?

Let's look at your personal values, the principles that are most important to you and how you engage the world and everyone in it.

Examples of personal values:

Loyalty	Honesty	Devotion	Respect
Fairness	Accountability	Relatability	Integrity
Humility	Ambition	Courage	Love
Grace	Dedication	Wisdom	Happiness
Attentiveness	Collaboration	Achievement	Empathy
Happiness	Peace	Inclusivity	Freedom

Choose as many as you like but, as before, no less than **five** and use the space below to journal about how those values enrich your life and your character.

1.

2.



3.

4.

5.

Additional Notes:



∞ APPRECIATING THE WHOLNESS OF YOU ∞



The more comfortable you get with who you are the more comfortable life becomes in all its conditions.

Appreciate Yourself

Every day, as we wake, we are presented with yet another opportunity to be our authentic selves and to enjoy life to the fullest. Unfortunately, far too often, we miss this opportunity by becoming our tasks and responsibilities before our feet touch the floor. Sound familiar?

If you are like most people, you are very good at remembering all the 'wrongs' you have done, all the 'shoulds' you missed out on, forgot, or delayed, and now, you are beating yourself up about it; all that and so many other things, right? Sadly, most people are very good at this unfortunate rerun and none of them need any help with it. If you are like most people, you have gone up and down this 'check list', this rerun many times before.

Let's do something completely different! Let's focus on your essence and **appreciate you instead** and for a change.

Here is a great way to, however briefly, forget your tasks and remind yourself of all your accomplishments. Please think back as far as you can and list all the accomplishments of your life, big and small; in truth, they are actually all big and very important. I am positive there is at least one thing you will be pleased to remember.

Look at the categories I've listed on the next page to help you get started.





Please consider all of the following (add any of your own categories if you like):

- > **goals you achieved**; list them all, no matter how insignificant you may think they were
- > **everything you know how to do** like cooking, dancing, painting, gardening, volunteering, changing a tire, sewing, singing, playing a sport, **anything you are good at**
- > **educational accomplishments** (even if you only have grade 5 education, there is someone in the world that has less – this is not meant to make you feel like you are better than someone else, because we each have our own circumstances to cope with, but to help you recognize your own achievements), any courses or classes you've taken, seminars or workshops you've attended, reading books, anything you did to expand your knowledge – reward your willingness to learn
- > **life lessons learned**, be it from books, online courses, while supporting a friend in need or life's experiences; it takes courage and a lot of work to extract lessons from adversity – acknowledge your determination and open-mindedness
- > **getting that promotion** or starting your own business, even if it's more like a hobby right now, even if it did not work out at all; well, at least you tried!
- > **getting in better shape**, especially if you had to do it more than once – this shows your willingness to try again, your grit, and commitment abilities!!! It does not matter how many times we fall; what matters most is that we rise up that one more hopeful time
- > lastly, and this is one of my favorites, **every time you helped someone in any way just because you could, and you did so without any expectations** (many women do this far more often than they realise; it's beautiful and it's time you acknowledge your own kindness)

This is how you notice yourself, how you acknowledge yourself, and how you can show others, your children or siblings or friends, how to appreciate themselves. In my experience, **there is no greater joy than to help someone see, know, understand, and appreciate themselves more.**

Now, it is your turn to do that – get to love yourself more through noticing all your accomplishments. Go for it! It's about time! You really, really deserve this!



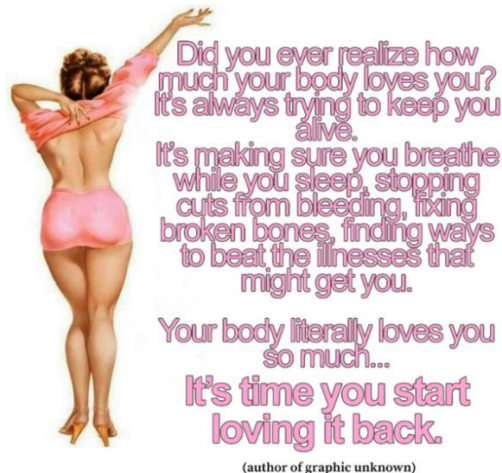


Your body is your greatest asset for without it no other aspect of you could be experienced.

Appreciate Your Body

Another great way to appreciate yourself is by focusing your attention on your body. Usually, it isn't until something goes wrong that we even notice the body or recognize it as our support system, the medium of our existence. Yes, our bodies are the container of our past, thoughts, beliefs, likes, dislikes, genetics, perceptions, and our awareness.

Our bodies are the GIFT through which we get to experience life.



I think you're really going to like this next part and you might find out some incredible facts about your body, so prepare to be amazed!

How often do you actually think of the inner workings of your body?

This incredible, intricate creation, which sustains your very life every second of the day, is a gift that keeps on giving. Your heart beats gently, your food gets digested, your blood gets filtered by the liver and kidneys and travels all over your body (about 60,000 miles/100,000 kilometers of your circulatory system) every 20 minutes or so, delivering oxygen supplied by your lungs to some 37 trillion cells that make up this amazing laboratory you call your body. It does all that without any conscious input from you. How incredible, right?





Once you consider everything that your body does for you without any obvious effort on your part, you realize how amazing it really is.

Expressing gratitude for this outstanding gift is one of the best ways to honour and appreciate yourself. Even if it's not as perfect as you'd like it to be, it still serves you each day as best as it possibly can. By loving it, you are loving yourself!

Now, let's have some fun!

What are your very favorite parts of your body? Is it your eyes, lips, hair? Be adventurous and free with this one, I dare you! And don't forget about the fun parts (wink, wink). It's just between you and your pen!

In the 'PG Rated' version of this part, I invite you to think of your five senses right now. Your sense of **smell, hearing, taste, vision, and touch**. Are they anything to be grateful for? I think YES! Even if they're not quite perfect, whatever perfect is, right?

Think of what all those miracles enable you to do and experience then jot down why you're glad to have them. You will likely recall your best memories associated with each; memories of touching, smelling, seeing, feeling, and hearing Life. I hope you do.

1. Smell



2. Hearing

3. Taste

4. Vision

5. Touch

We must include your special power, **your sixth sense**, that inner knowing which underscores your femininity and sets you apart from the opposite sex, your intuition. How has it served you thus far? Are you using it? If not, befriend it now; recall the times it spoke to you or informed you of something before it was revealed. Know it more.

6. Intuition





Recognize Your Strengths

Undoubtedly, you've been through many difficulties and have overcome seemingly impossible odds. Here you get a chance to admire yourself for what you had to endure to get through to the other side, time and time again perhaps. While you remember all the situations you tackled and challenges along your journey, focus less on the scenarios themselves and more on what it took for you to get through them. You deserve to remark your inner strength, your courage, resourcefulness, aptitude and determination, and how you have persevered and triumphed! Or even just survived. Sometimes, surviving is all we can do in this world and that is a triumph in and of itself.

1.

2.

3.



4.

5.

After all that, how can you not love and admire yourself? You simply owe it to YOU.



Only you know what it took for you to get to where you are today. Maybe it's not quite where you'd wish to be at this point, and that's okay. It certainly is far from where you once were, in one way or another. Take it all in and honour your journey like only you can, because it is only you who went through it all not just physically but emotionally as well. And that emotional part is the most important part that no one knows as intimately as you do. Really acknowledge it now. It will serve you. I promise.



∞ DAILY PRACTICES ∞



In this section, you will find additional suggestions on how to nurture your own love for yourself and create daily practices which you can use to create a daily routine that will suit you and your lifestyle.

I hope that at some point you will choose to do all of them at least once, but I encourage you to **do at least one every day** – I will tell you a little later which one works best for most people.

As women, we forget to notice how far we've come while, too frequently and too intensely, we instead focus on where we fall short, our mistakes, the pain of the past, and the uncertainty of where are headed.

Let yourself become the author of your own praise as you keep shining the spotlight on you; your greatness, your gifts, your joy, and your giving and caring nature.

Knowing your own gifts.

When was the last time you thought of how talented you are? Do you even recognize or use all of your gifts and talents? Do you remember them?



What did you love to do when you were a child? What did you get lost in doing? What brought you joy, inner peace, or created a sort of escape? Do you remember? Do you still do it? What would you love to do now but just can't find the time to do it?

Think of as many gifts and talents as you can and write about them several times over the next week. Reminisce about how you were able to use each one in the past, how you felt when you did, and imagine how each of them can serve you, perhaps in some new ways, now and in the future. **Get creative with your creativity!**



My gifts and talents are:

1.

2.

3.

4.

5.





Morning Practices

One of the best things to do in the morning as you wake up is to simply **be happy that you actually did wake up!** So simple, right? **Feel** into the fact that you get yet another chance to live life and to love everyone and everything in it, including yourself. You get another opportunity to chase your dreams and to create a more fulfilling life! (I often say “there is always room for improvement” – not necessarily to have more but to be more, experience more, love more, create more)

Take a brief moment, **put your hand on your heart**, and feel it beating to the rhythm of life within you; the same rhythm that was once present in all the women in your family who came before you. You are the fruit of their love and struggle; whatever your history or familial relationships, they have paved the way for you and you are connected to their collective knowledge and wisdom. Embrace it all and let it embrace you.

You can journal on this to explore just how your path was paved for you, how you've walked it, and how you wish to continue on it. This can be a very powerful process so I hope you give yourself the time it may require. You deserve this, you really do.



Thank your body for working for you overnight cleansing, healing, and restoring your energy so you're ready for another day. Thank your feet as they first touch the floor. Appreciate all parts of your body; your physique, mind and spirit, and the privilege of being able to experience life through them again. **Step outside**, put your bare feet in the grass (or imagine it); feel the coolness of the morning dew, close your eyes and just enjoy the sounds and smells around you. Feel the energy, the energy of Life and know this is the same energy that flows through your amazing body at all times.





Remember your goodness, kindness, generosity, and love you give to those around you. You can even **give yourself a hug** – have you ever done that? It's really great once you get over the “what?!” factor. Think about it, you hug everyone you love when you can and probably as much as you can, or wish you could, and it feels great! Why not hug you? If you haven't yet, try it now. I think you'll like it.

First time you look in the mirror, say “good morning” to yourself and please say your name too. You can also mention some of the wonderful things about yourself stated above; for example, “(your_name), you are a very kind and loving woman.” You might even go all out and tell yourself **“I love you.”** Try this for at least a week and see what happens for you. Mirror work is amazingly transformational, and it's used worldwide so you may already know this. Some people think it's weird, and it can be at first, but I think you might come love it!

Next, **set your intentions for the day** and feel the joy of accomplishing what you planned. Stay connected to it and let its joy carry you throughout the day and to your next goal or dream. Connect to the innate power you possess and know, really know, that you can accomplish anything you set out to accomplish. Remember? You already have accomplished so much in your life. Today, you are more confident in who you are, you know more than some years ago, and you are also more competent than before so just go for it. All of it!

If you do even just one of these practices consistently, I assure you, your life will blossom in ways beyond your imagination. The state of gratitude is the most abundant and creative power in the Universe as it is the state of Love.

Jot down some of the morning practices you will do going forward:





Evening Practices

There are many simple things you can do in the evening to practice self-gratitude.

Relax by taking a walk after a nutritious supper, listening to soft music or nature sounds, reading an inspirational book or article, meditating, and so on. I love listening to drumming as I find it incredibly grounding. Choose something to ease your mind, let it rest, and make sure that your body releases at least some of the tension, mental and physical, accumulated from daily activities.

Stretch. Our bodies long for this. As it maybe difficult to carve out some time for this activity, one of the simplest ways to implement stretching is once you're in bed. All you need to do is, while lying on your back, bring your knees gently toward your chest, one at a time, count to 15 and switch legs. Repeat three times for each leg (do this only if you can, safely). This is a wonderful way to relax your chips after a long day of carrying you around everywhere and sitting for prolonged periods of time.

Self-care. How many ways do you currently have in which you care for yourself? Is there at least one thing you do daily, consistently, that you regard as a deliberate act of self-care? I really hope you do. Self-care is very personal so I will let you pick what you would like to do specifically, but I do want to share one simple change I and many of my clients have implemented, with wonderful results that rippled far beyond the activity itself.

We often start the day in a rush so consider taking a bath before bed instead of showering in the morning. The benefits: deep relaxation, better sleep so you are well rested the next day, more time in the morning to enjoy whatever else you choose. This activity can greatly benefit your whole day and it will nicely lead you into that stretching in bed! If you are not able to have a bath, you can create a shower ritual (either time of day) where you imagine the water, as it flows over your body, washing all your worries and unpleasant energies away, and replenishing your body with vitality.

Journal about your favorite memories. You can go back as far as you wish or just to earlier in the day and note how you felt at the time; who were you with, what was so special about it. The main focus is on the feelings; the purpose is to reconnect you to the joy, love, fun, happiness, and excitement inside of you. You see, all those feelings and emotions are actually generated within you not found outside of you. What you experience, think, and perceive is the source of all your exuberant emotions.





The crayons of your thoughts colour your future.

I trust this brought you some insight and fun moments and that you like yourself a bit more than before you started.

I encourage you to look at this journal at least once a week so you can remind yourself just how awesome you are.

It is a Universal law for Life to reflect you back to you.

The more kindness you show yourself, the more kindness will enter your life.

The more love you have for yourself, the more love you'll have for others and the more love will be reflected back to you.

The more you appreciate your lovely self, the more appreciation you will feel from Life and everyone in it. Life is a mirror, a reflection us, our thoughts, beliefs, and deeds.

**You are a beautiful Being with much to offer the world and much to receive in return.
You deserve it! You are worth it! Now, just recognize it and let yourself have it!**





*May you find the dreams you dream and
may the dreams you don't yet know find you.*

Connect With Me

You can keep in touch with me through my website, WomanToWoman.ca and my Facebook page [Woman To Woman Empowerment](https://www.facebook.com/WomanToWomanEmpowerment)

I welcome your feedback and if you have any questions you can ask them [here](#).

You are also welcome to sign up for [Your Empowerment Newsletter](#), which I usually send out bi-weekly or monthly.



On the following page, I share with you one of my creative gifts – a poem I wrote some time ago. I hope it inspires you even further and you continue to remind yourself that you are worth the effort, appreciation, love, care, and attention you give to others every single day.





“I Am Woman”

I am woman
The essence of life
The creator and the cradle
I am woman
The feminine in all
I'm the whisper of the wind
The flex in a blade of grass
I'm the scent of a flower, the flavour in fruit
Of the awesome tree, I am the root
I'm the ocean in the rain drop
The depth of the sea
I'm the power in the jet stream
It flows through me
I'm in the breath of my son
The heartbeat in my daughter
The sparkle in a child's eye
Never to be forgotten
I was created to create, I am strong to endure
Fragile to fall to pieces, majestic to rise again
I am Woman, the ray in dawn
This time I'm my only child
To love, to soothe, to caress,
To cherish, to hold close to my breast
I am woman, the thread of humility
The wise, the only mother of humanity
Without me, man would be no more
With man, I am woman forevermore
I hold Earth in the palm of my hand
I am becoming. I have become. Woman I AM.

- **Marta Stanczyk**



