

# 7 Days of Self Love, LOVE Up Challenge!

Benefits: Feel Alivened, Heal your Heart, Uplift, UpShift, Attract, Energetically create your next level of Life.

Welcome and a big congratulations for jumping in the Love!

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**PROGRAM GUIDE • Two steps to do daily for 7 days:** Print as your guide & follow (in joy)

**1. INNER LOVE:** “Close your eyes, fall in (to unconditional) love, stay there!” –Rumi

- **Self-Love Affirmations-Meditations:** Each day upon rising, sit quietly for a few minutes, and then listen to this Self-Love Affirmation meditation (<https://youtu.be/OYfrQCGKMPs>) for 11 minutes. When the words subside, continue speak within, **“I AM Divine Love, Divine Love blesses all areas of my life now.”** Add anything you wish to make a perfect morning for you.

NOTE: Self-Love Affirmation-Meditations such as the one above **are the key to shift your inner Self-Love set point.** Feel free to search on YouTube and pick a few more, listen to each morning or before bed, as another option to above, as background music or for meditation). See *resources page* for more suggested links to explore.

- **Integration:** Next, choose to integrate as many of the following SELF LOVE INJOYMENTS as you can in your day (to be kind, nourishing, uplifting to YOU, filling your cup and those you love as you choose):  
**POJ = Pulse of Joy**

**A. POJ Smile.** Smile for 30 seconds for no reason, often (And say: *I LOVE YOU*). Do so in the mirror looking deeply into your eyes when you can. If someone triggers you, smile for 33 seconds before responding – from Love. Beautiful.

**B. POJ Walk (run, skip, dance, stretch).** Go outdoors in the fresh air and walk-play-move your body for 22 minutes saying *I LOVE YOU*. Taking care of your body-temple is soul good! (Also be mindful of water intake, taking deep breathes, proper nutrition).

**C. POJ Time in Nature.** Sit by a tree, waterfall, stream (what calls to you) and just BE in the space of nature’s Love. Say *I LOVE YOU*. Spend around 15 minutes to totally refresh.

**D. POJ Hugs.** Always hug yourself first, you beauty (and say *I LOVE YOU*). Then, hug as many people as possible (ask if they want one first). If you can’t do it in person, call or text (say: *I LOVE YOU and I'm sending you a hug to make your day*). Spread Love everywhere!

**E. POJ Raise Your Love Vibration Ways.** Pick a few per day on next page and do 'em joyfully today... Yes!!!

**2. GROUP LOVE: FB community page** “Love Shared is Love Multiplied” – L. Hay

Each day there will be a **POST OF THE DAY** on our page, noted as **1-7:**

Please write **“I’M IN THE LOVE”** first thing in the morning after INNER LOVE above on this post of the day. This enters you in the Group Love field! Return often through your day to spread the Love – share pictures, good vibes, joy – together there is more!

## POJ Raise Your Self-Love Vibration Ways...

*Pick and use as many of these personal Self-Love practices as you can to fill your cup!*

- Look for and appreciate beauty everywhere! Embrace awe. There's so much to be grateful for.
- Affirm Self-Loving I AMs all day long! *I AM Divine. I AM Grace. I AM Divine Love. I AM Beautiful.*
- Be conscious of your thoughts-feelings-behaviors. Gently align them to Self-Love and Love.
- Whatever arises, say, *I LOVE YOU*. Brushing your teeth, eating, doing anything say, *I LOVE YOU*.
- Self Care: Drink lots of clean water, eat right, breathe deeply, dance playfully
- Get outside and get the blood pumping with a joyful walk, breathing fully, smiling
- Pamper you! Get a luscious massage and/or energy work
- Enjoy a hot bubbly salt bath with essential oils. Say: *I LOVE YOU*.
- Hike a mountain, ride a horse or bike, jump for joy (for no reason at all)
- Play with animals, kids, hug a tree, or loved one.
- Dance wild!!! Make love (in a 100 different ways, with life)!
- Play sports, sail, rollerblade, golf, tennis, canoe, ski, and laugh through it all
- My favorite, the stressful Sport of Hammock Resting, sipping iced tea... ah-h-h-h!
- See a good movie or a play. Listen to great music. Play an instrument. Sing!
- Read poetry – or good inspiring book (Just for you)
- Make a sumptuous meal and enjoy by yourself or with friends
- Have a glass of your fav wine (non-alcohol per your discretion and personal choice)
- Plant a garden (indoor or out) and play with it each day
- Indulge in Maple Chocolate Peanut Butter Mud-Pie... and eat with a spoon. Yum!
- Attend classes for yoga, marital arts, dance, acting, and art, etc.
- Go on a healthy adventure! Jump in your car and just goooooo....
- Take a trip to nowhere! Safely of course.
- Did anyone say beach?! Go surfing, skinny dipping, or just sun bathe.
- Go to a retreat center and be refreshed.
- Meditate often. Pray for all. Smile. Love. Enjoy each day just because.
- Learn something new! Say: *I LOVE YOU*.
- Go to a new town... Visit a museum...
- Relax! Take naps often or whatever chills you out and takes you to ahhhhh...
- Help someone less fortunate; give a smile, tithe or a helping hand. Be a blessing.
- Rake a big pile of leaves and jump in.
- Build a snowman or rock statue or sacred art on the land lovingly.
- Dance in the rain! Open your heart and fly.
- Let go of all that is not you, be FREE. Say: *I LOVE YOU*
- What if we were just grateful for *everything*? Just like Snoopy.
- Spread Love everywhere, starting with yourself. Kindness.

Others? Note them here below and customize your list, Enjoy!

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## More Resources

### Self-Love Affirmations and Meditations:

- I Am Enough Guided Meditation: <https://youtu.be/5cbQQNHDoA8>
- Self-Love Guided Meditation: <https://youtu.be/MdTLQoSnsBo>
- Self Concept and Specific Person Love Affirmations: <https://youtu.be/SUlypf--B2w>
- Self-love Affirmations: [https://www.youtube.com/watch?v=\\_eU3nHz\\_e34](https://www.youtube.com/watch?v=_eU3nHz_e34)
- I am Beautiful, Radiant & Magnetic: <https://youtu.be/61FLL4VCyFI>
- Self Love and Acceptance Mindfulness Meditation: <https://www.youtube.com/watch?v=fJwswk5Zx7c>

### Self-Love Articles of Note: *To keep learning on your self-love journey*

- <https://www.bbrfoundation.org/blog/self-love-and-what-it-means>
- <https://tinybuddha.com/blog/unconditional-self-love-looks-like/>
- <https://tinybuddha.com/blog/the-key-to-loving-yourself-other-people-and-life/>
- [https://www.medicalnewstoday.com/articles/321309#\\_noHeaderPrefixedContent](https://www.medicalnewstoday.com/articles/321309#_noHeaderPrefixedContent)

### Apps: Calm, Headspace, Insight and more at:

- <https://www.verywellmind.com/best-meditation-apps-4767322>

### Bonus Love-Affirmations (Quick list to say often to self each day for more Self-Love):

*I Am significant, I matter, I Am enough, I Am a blessing,  
I Am beautiful-magnificent-awesome-incredible, I Am Divine, I love you (name)...*

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**This is a FREE event, Injoy! Feel free to share and invite others:**

<https://www.facebook.com/events/3303862839830679/>

**Need coaching and support? Please visit:**

<https://www.facebook.com/WilliamOMaraSpiritGuide/>

**Donations accepted**, via Venmo: William-Omara-5 or Zelle: 760-809-4478

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