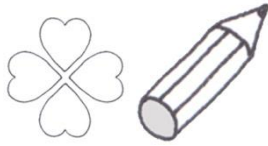


Heart Based Practical Exercise (20 minutes)



To track your progress in the self love department, read through the statements below and record those relevant to you.

Do you agree with each of these statements one hundred percent?

If there is any hesitation or doubt related to any of the statements, use The Spotlight Process and EFT until these statements are true for you, you will be very glad you did.

Measure the percentage of what is true for you (0-100% true)	VoC
I can satisfy my own needs	
I have self respect	
I am willing to work towards gaining more self love, self acceptance and self fulfilment	
I am secure in myself outside of a relationship	
I do not need a relationship to make me feel happy	
I take responsibility to fulfil my own needs in and out of relationships	
I feel good about myself when I'm alone	
I can solve my own problems	
I give love freely and willingly without any expectation in return	
I do not feel threatened by others when I'm in a love relationship	
I can affirm myself, I do not need others to appreciate and affirm me	
An unknown future does not frighten me	
Having a relationship is not the core of my personal identity	
I am self sufficient	
I am complete outside of a relationship	
I accept myself entirely	
I love myself unconditionally	
I love from the fullness of my heart rather than from my emptiness and neediness	
I can survive without the love of another person	
Love emerges within me from my own self esteem	
I am happy and content by myself	
I can regulate my own feelings and emotions	
I am open to and welcome love and loving relationships	
I know intuitively when a relationship is right for me	
I am confident in myself and will remain so in any relationship I may have	
I am fulfilled outside of a relationship	
I have a clear idea about my love and relationship goals	
I share my love and relationship goals with my significant other	
I take responsibility for my future love and relationship choices	
I approve of and accept myself as who I am and I am comfortable in revealing who I am	
I am able to meet my own needs outside of a relationship	
I am worthy of love	