

Live a Turned-On Life!!

WEEK 5



Safety, Love & Presence  
Workbook

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**Welcom to Week 5!!**

## **LOVE IS SUPERPOWER!!**

**Lack of love is always the source of disconnection, source of pain, source of numbness, there is no other source than love.**

**Lack of love is always the source of the problem, so love is always the cure to all of this. Love will restore all of this.**

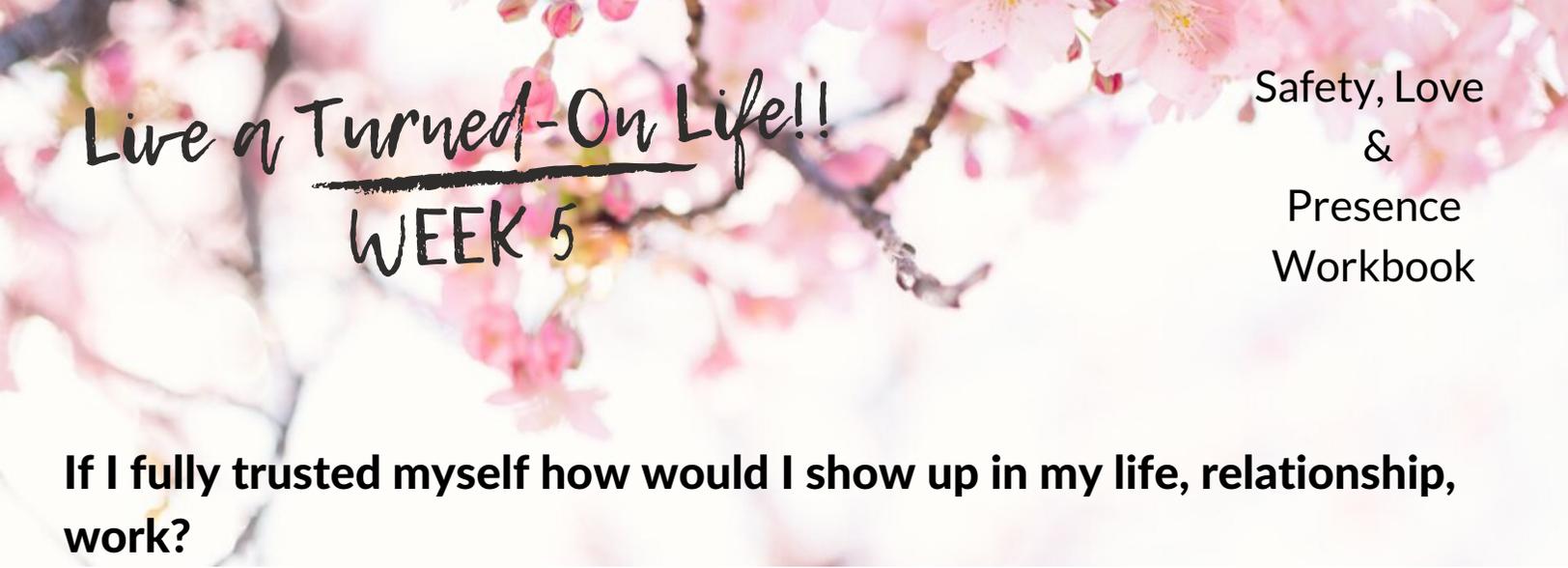
**But there is also a lot of misunderstanding around love. You can never only be 'just love'. It is not about making everything inside of you love  
It is about every part in your that **DESERVES** love!**

**The power to choose that love for ever part of you, loving the bitchy parts of you, loving **EVERYTHING** of you.**

**When you start choosing to love yourself fully, you can slowly slowly start making choices that are in alignment with your true self and love.  
Love is the fundamental foundation that heals everything.**

**The key element is to learn to stop fighting with yourself, with reality.  
To stop to try and fix yourself from a place that there is something wrong with you.**

**Radical self-love is where you are **MEETING** every sensation or experience. Allowing yourself to love it all, but not to turn it into something else.**



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**If I fully trusted myself how would I show up in my life, relationship, work?**

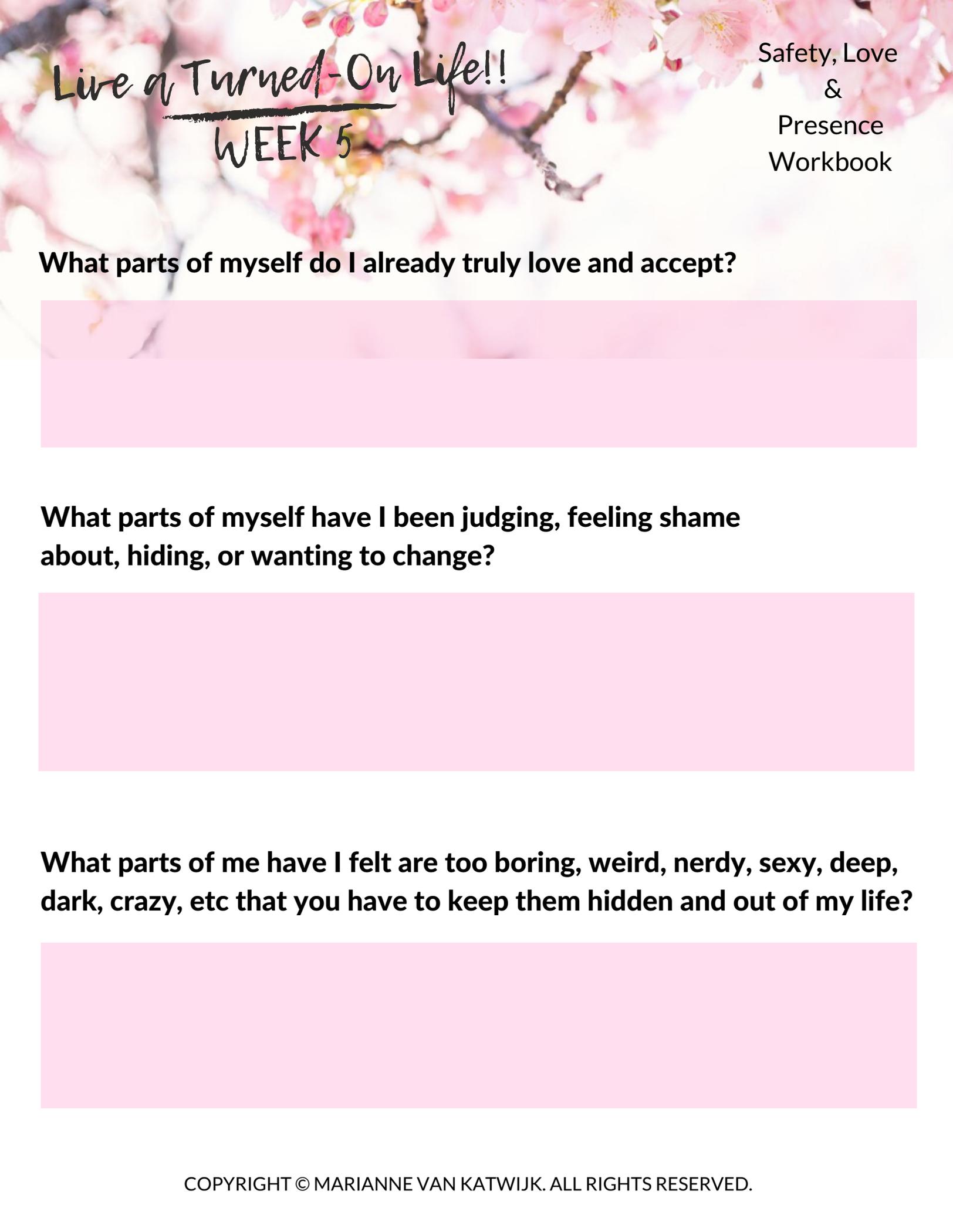
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**If I knew I was enough, how would I show up in my relationship and life?**

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**What pieces of me can I meet with love, approval and acceptance today?**

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**What parts of myself do I already truly love and accept?**

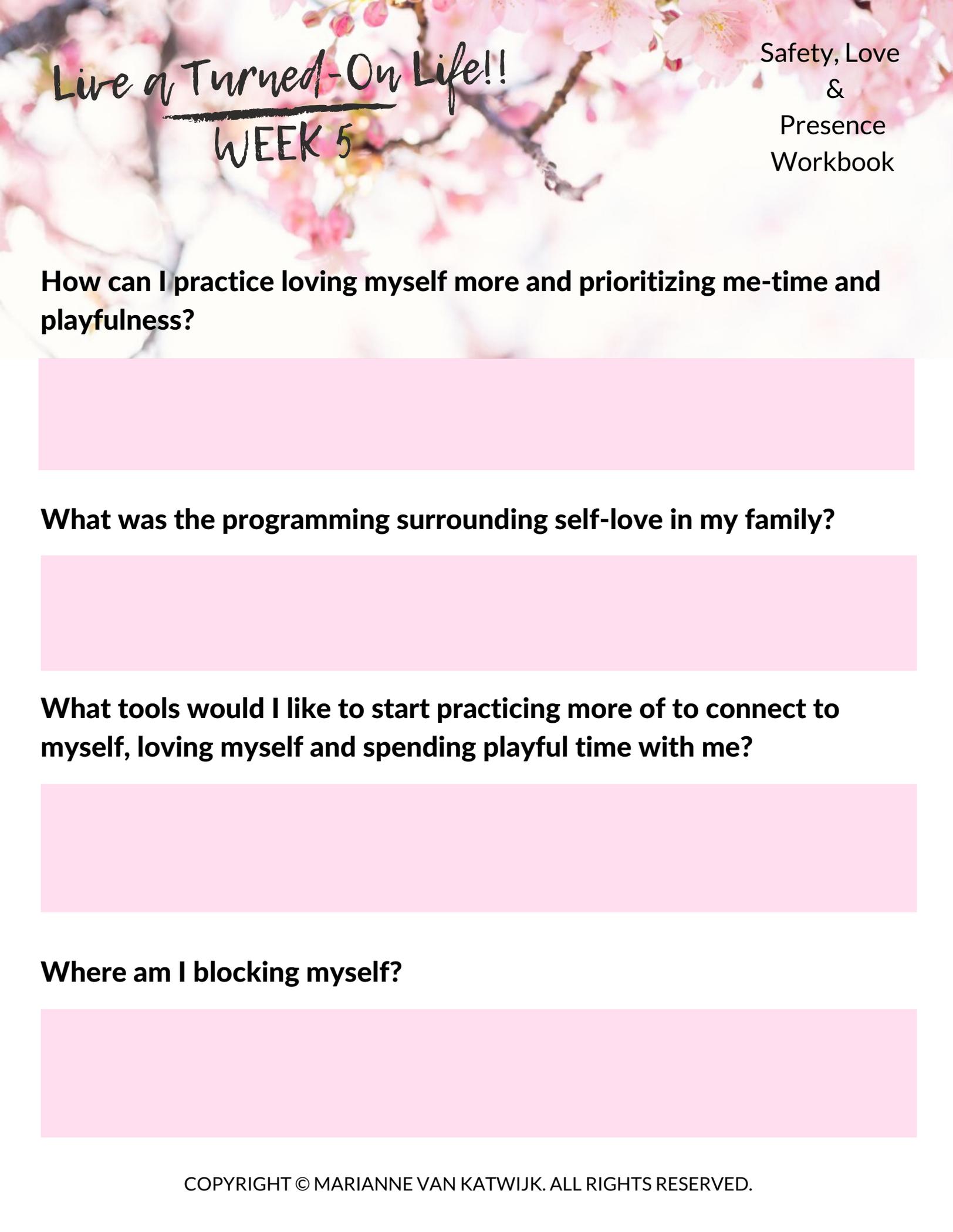
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**What parts of myself have I been judging, feeling shame about, hiding, or wanting to change?**

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**What parts of me have I felt are too boring, weird, nerdy, sexy, deep, dark, crazy, etc that you have to keep them hidden and out of my life?**

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**How can I practice loving myself more and prioritizing me-time and playfulness?**

**What was the programming surrounding self-love in my family?**

**What tools would I like to start practicing more of to connect to myself, loving myself and spending playful time with me?**

**Where am I blocking myself?**