

SELF LOVE

MASTER CLASS

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4 Main Blocks to Self Love

Worksheet 3

Please take a few minutes to write it all out!

Who's opinion affects you the most? What is their opinion? Does their opinion bring up any of the 4 main blocks to self love? Do you find yourself in patterns of perfectionism, self blame, being over sensitive to opinions or blaming yourself?

Use this journey entry as an opportunity to understand how this has affected you in your life and how you are ready to claim your own OPINION.