



# SELF LOVE TOOLKIT

Self love isn't about being 100% confident in your body all of the time. It's about remembering you are worthy on the days when you don't feel it.

It can be hard to imagine a place where you love yourself and body. I get it I have been there BUT it is possible. I wanted to share with you 7 things that make up my Self Love toolkit. Mindsets and actions that once you have sorted will help you get to a place of self love and confidence.



## ACCEPTANCE

If you are always focusing on the change or end goal you will never be happy with yourself. This whole "I will be happy when ..." doesn't help anyone. As you haven't accepted your body as is now. Once you do this you can start to find peace with yourself at all stages of your journey.

## POSITIVE THINKING

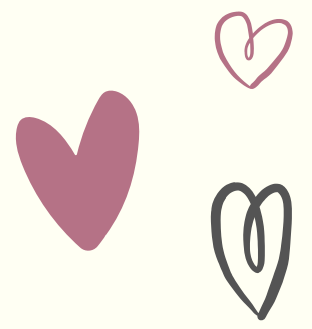
No one ever felt good speaking negatively about something. How you expect to feel good about yourself that way? Start to look at yourself and your body in a positive light, focus on all the great things rather than picking it apart.

## KINDNESS

To yourself and your body. Be kind as you start to embark on this mindset change. Be kind to your body rather than hate her. Choose what you do out of love and kindness rather than hate and punishment. Question why you are doing things and work out if there is a kinder way to do so. Show kindness through how you move your body, how you treat your body and how you speak to yourself.

## NON-AESTHETIC GOALS

Focus on what your body can do rather than what it looks like. I get that we all have an aesthetic look in our heads but that shouldn't dictate your life. Instead look at how incredible your body is and all that it can do. Set fitness goals based around actual fitness and not looks - see what your body is capable of.



## NON-TOXIC ENVIROMENT

Don't subscribe to a diet culture mentality. If something sounds to good to be true it probably is. If you are being made to feel crap about yourself unfollow/don't consume that type of content (hard at times I know but if you can get rid of it). Watch programmes and listen to things with an understanding things could be edited or misrepresented. Rather than just accept something as gospel do your own research.

## PAITENCE

Unlike diet culture promises this work will take time. You need to allow yourself time, it will not happen overnight. Don't stress if things don't work out first time, you haven't and can't fail when it comes to loving your self. Instead you are taking your time to truly be at peace with you and your body. No one wakes up one day in love with their body andthere will be days it feels hard but I promise it will be worth it.

## SELF BELIEF

I can give you all the tools, I can help you along the way BUT the only person who can truly make the change and take the steps is YOU.

YOU deserve it all, you deserve to be happy. Believe in yourself, trust the process and invest in becoming the truest version of yourself.



I'm not promising it will happen overnight but take your time, implement these into your routine and you will should start to see a shift. Keep a hold of these checklist and everytime you feel yourself slipping back into a negative funk take another look.

As always I am here if you need me.



vicki@vickimellard.com



@vickimellard



www.vickimellard.com

*Love Vicki xx*



If you are looking for something more focused and in depth. If you want to take time to find that confidence in yourself and your body. Then my 8 week Ebook Body Beautiful may be just what you need. Check it out [here](#) x

It's not selfish to love  
yourself, take care of  
yourself and to make  
your happiness a priority.  
It's necessary.

Mandy Hale

“

