



**FEBRUARY**

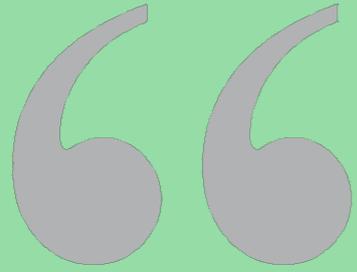
---

FALLING IN LOVE  
WITH YOURSELF

# My heartfelt wish for you



That this adventure and the year 2019 may bring you closer to yourself, your body, your truth, your heartfelt desires and purpose. That you may trust yourself completely and that you may feel supported, guided, blessed, protected and loved on your journey of creating a life in alignment with the True You!



*You yourself, as much as anybody  
in the entire universe, deserve  
your **love** and affection.*



# /// HOW DOES IT WORK?

Every week you will receive an email in your inbox. This email contains a video related to the theme of the month&week and a worksheet. In the video I will share information about the theme and provide you with a tool (something to apply in your day to day life), to give you an experience of the theme and support the embodiment.

Explanation of the symbols on the worksheet:



**A Writing Assignment:** Take 15 minutes to sit down, complete the sentence on the worksheet and just follow what comes up for you. Empty your mind and let what wants to come through from your heart flow out of your hand onto paper OR another writing assignment is presented with guidelines shared in the video or on the sheet itself.



**A Reflection and Insight Page.** At the end of the day take a moment to reflect on your day and on the theme of the month/week. What came up? What did you experience today? Did you receive any insights? Make some notes so you can look back at it later, track your journey and share your experiences in the [Facebook Group](#) or on the website.



**Gratitude Practice.** Before you close your eyes ask yourself: 'What am I grateful for today?' and give thanks. If you like, you can write it down on the worksheet. .... sweet dreams:~)!

I would recommend to do all the exercises with the important note to only do it if it *resonates* with you, it *feels* good and is in alignment with you:~)!

## /// Please share YOU!

I would really like to encourage you to share you! Share your experiences, challenges, insights, questions etc. so we can learn from each other, be inspired and support each other on the journey of becoming.

Enjoy!

**Much love, Esther**

A starry night sky with a mountain range silhouette at the bottom. The sky is a deep teal color, filled with numerous small white stars. The mountains at the bottom are dark and silhouetted against the lighter sky.

**WEEK 1**

---

SELF-WORTH





## **LIGHT**

My qualities, strengths and gifts....  
I appreciate about myself....

## **SHADOW**

My weaknesses and shortcomings.  
The shadow sides which I have difficulty  
accepting...



*"Confront the dark parts of yourself, and work to banish them with illumination and forgiveness. Your willingness to wrestle with your demons will cause your angels to sing." — August Wilson*

