

## **EPISODE 11 SELF-LOVE HANDOUT**

### **EMBRACE YOUR UNIQUENESS**

**Celebrate YOU! Accept yourself with unconditional love  
and no judgement**

What are you having the most difficulty accepting about  
yourself and why?

How has this served your life or not?

How can you love and accept yourself more?

What are 5 things about you that you're most grateful for?