

MODULE 4 | LESSON 6

YOU ARE ENOUGH

Katie Rodriguez, Nutritional Consultant



WHAT DOES SELF-LOVE HAVE
TO DO WITH DIET?

A large, faint, light pink watermark of the Instagram logo is centered in the background of the image. It consists of a rounded square frame with a small circle in the upper right corner.

“EMOTIONAL EATING HAPPENS WHEN YOU
SEEK TO FILL AN EMPTINESS INSIDE YOU
WITH SOMETHING OUTSIDE OF YOU.”

@**DENISE ODWYER**

4 WAYS TO GO AND LOVE YOURSELF

1. Listen to your heart over your head
2. Don't accept invitations out of guilt
3. Treat yourself
4. Forgive yourself





Love Yourself #1:

LISTEN TO YOUR HEART OVER YOUR HEAD

You are a mother fucking magical sorcerer. You know you best, and no, you're not crazy. When your heart is insisting, your intuition is screaming at you. It knows.

THE BRAIN STRIVES FOR SELF-
PRESERVATION.





THE HEART WANTS YOU TO FEEL THE
WIDE ARRAY OF EMOTIONS YOU
WERE DESIGNED TO FEEL.



EMBRACE ALL YOUR EMOTIONS

Feel All the Feels

- Anger
- Sadness
- Joy
- Vulnerability
- Excitement

SADNESS DOES NOT EQUAL
WEAKNESS.

HARBORED EMOTIONS MANIFEST
IN THE PHYSICAL BODY.



Love Yourself #2:

DON'T ACCEPT INVITATIONS OUT OF GUILT

Kindly decline invitations you feel are not absolutely enjoyable or one hundred percent obligatory.

YOU'RE DOING YOURSELF A
TREMENDOUS DISSERVICE BY
ACCEPTING UNHEALTHY
INVITATIONS OUT OF GUILT.



Living Life on Your Terms

LEADS TO LESS STRESS, A SLIMMER WAISTLINE, AND OVERALL IMPROVED HEALTH.

In leading a healthy lifestyle, you'll inevitably drop unhealthy friendships. Don't worry, this will only open you up to forming healthier relationships.



Love Yourself #3:

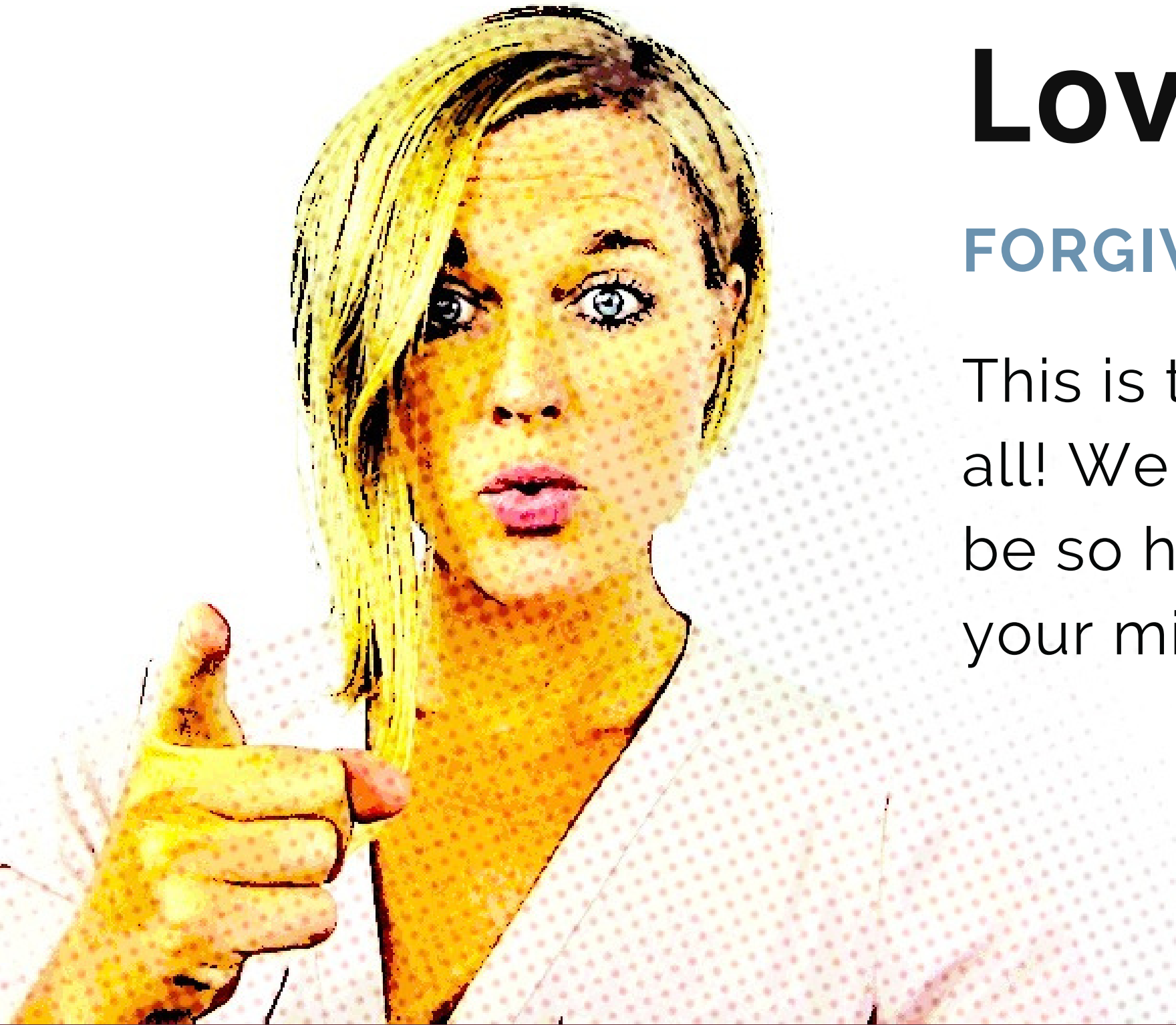
TREAT YOURSELF!

Anything and everything you're doing or should be doing for your lover, you should first be doing for yourself. You should be showering yourself in love.

TIPS TO TREATING YOURSELF

- 1. Marinade in a bath bomb**
- 2. Nourish your skin with a face mask**
- 3. Paint your toes**
- 4. Watch the sunset**
- 5. Read something inspiring**





Love Yourself #4:

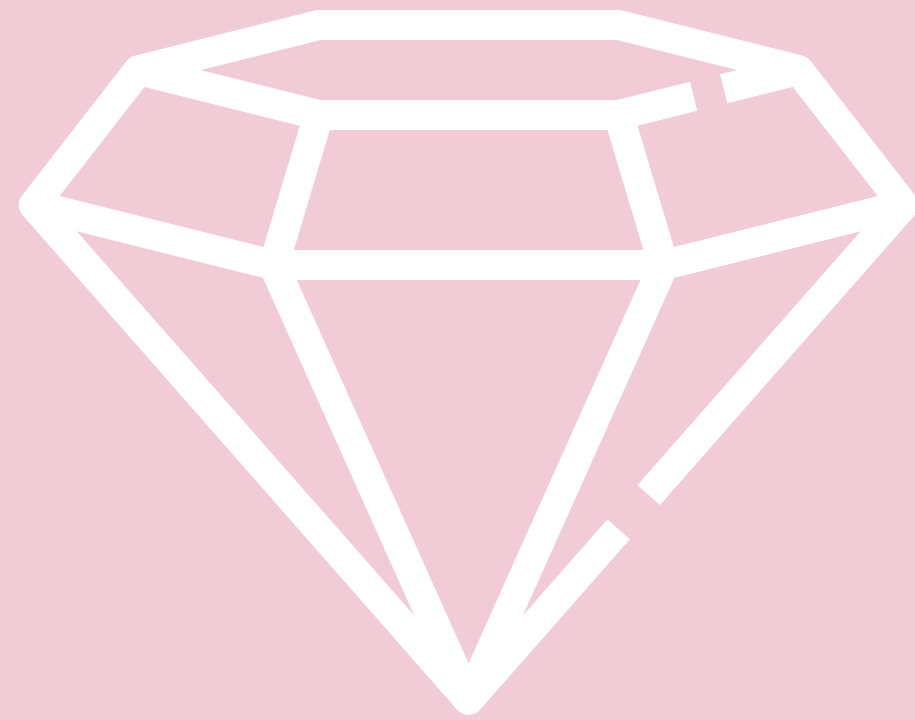
FORGIVE YOURSELF

This is the most important one of them all! We ALL f-up from time to time. Don't be so hard on yourself. Acknowledge your mistake and let it go.

"Done is better than perfect."

– Sheryl Sandberg

ONLY A FAILURE TURNS A FAIL INTO
PERMANENT DEFEAT.



TAKE ACTION:

Make it Your Mantra—

I have everything I need. I am
enough.

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