

*LOVE
YOUR
BODY*

Module 4

Part 1

Languages of Love

The 5 Languages of Love

Which is your language of love? There are 5 different kinds. I would like you to complete the quiz and then use the results to help you fill out the first part of this workbook.

If you haven't already, you can take the quiz here: www.5lovelanguages.com

You'll get your scores immediately. Please fill them in below:

Language	Your score
Words of Affirmation	
Physical Touch	
Acts of Service	
Receiving Gifts	
Quality Time	

What surprised you about these results? Why?

What **didn't** surprise you about the results? Why?

Who makes you feel most loved?

What do they do and say that makes you feel that way?

Which Language of Love to do feel most comfortable offering to others?

Why is this?

Which Language of Love makes you feel uncomfortable? (You can list more than 1)

Blank area for writing the answer to the question above.

Why do you think that is?

Large blank area for writing the answer to the question above.

Languages of Love

Acts of Service



Can vacuuming be an expression of love? Absolutely! Anything someone does to ease the burden of responsibilities weighing on an "Acts of Service" person will speak volumes.

The words she most wants to hear: "Let me do that for you."

Laziness, broken commitments, and making more work for them tell speakers of this language their feelings don't matter. Finding ways to serve speaks volumes to the recipient of these acts.

Receiving Gifts



Don't mistake this love language for materialism; the receiver of gifts thrives on the love, thoughtfulness, and effort behind the gift. If you speak this language, the perfect gift or gesture shows that you are known, you are cared for, and you are prized above whatever was sacrificed to bring the gift to you. A missed birthday, anniversary, or a hasty, thoughtless gift would be disastrous – so would the absence of everyday gestures. Gifts are visual representations of love and are treasured greatly.

Quality Time



In the vernacular of Quality Time, nothing says, "I love you," like full, undivided attention. Being there for this type of person is critical, but really being there – with the TV off, fork and knife down, and all chores and tasks on standby – makes your significant other feel truly special and loved. Distractions, postponed dates, or the failure to listen can be especially hurtful. Quality Time also means sharing quality conversation and quality activities.

Languages of Love

Words of Affirmation



Actions don't always speak louder than words. If this is your love language, unsolicited compliments mean the world to you.

Hearing the words, "I love you," are important – hearing the reasons behind that love sends your spirits skyward. Insults can leave you shattered and are not easily forgotten.

Kind, encouraging, and positive words are truly life-giving.

Physical Touch



This language isn't all about the bedroom. A person whose primary language is Physical Touch is, not surprisingly, very touchy. Hugs, pats on the back, holding hands, and thoughtful touches on the arm, shoulder, or face – they can all be ways to show excitement, concern, care, and love. Physical presence and accessibility are crucial, while neglect or abuse can be unforgivable and destructive. Physical touch fosters a sense of security and belonging in any relationship.

What's YOUR Language of Love?

Now, obviously this is just a quiz. There may have been questions where you couldn't choose between the answers. Read through what each language means, on the previous two pages, and decide on the order you feel you truly are.

NO judgment allowed! You can't swap because you think you should - only change the order if you don't think the quiz was quite accurate.

What do you think is the hands-on-heart honest order of your languages of love?

Order them from 1 (highest ranking) to 5 (lowest ranking) below:

Language	Order
Words of Affirmation	
Physical Touch	
Acts of Service	
Receiving Gifts	
Quality Time	

What's your primary (highest ranking) Language of Love?

In what ways are you NOT 'speaking' to yourself in that way?

What's your 2nd highest ranking Language of Love?
In what ways are you NOT 'speaking' to yourself in that way?

What's your 3rd highest ranking Language of Love?
In what ways are you NOT 'speaking' to yourself in that way?

Part 2

*Let's Shower
Her With Love*

Shower Her With Love

Now you have more of an understanding of the way you 'speak' love, it's time to really amp it up!

Here are some examples of HOW:

Words of Affirmation Examples

1. Say your affirmations to yourself when you wake up
2. Write a love letter to yourself—list all your qualities
3. Record your letter on your phone to listen to
4. Look in the mirror and talk to yourself in a loving way
5. Write down 10 things you're grateful to your body for

(All things you are doing and will be doing on this course)

Acts of Service Examples:

1. Say yes if someone offers to help you
2. Pay someone to iron your clothes
3. Hire a cleaner
4. Hire a coach
5. Hire a personal trainer/VA/ childminder

Receiving Gifts Examples:

1. Buy yourself flowers
2. Buy yourself gorgeous bath products
3. Buy yourself beautiful stationery
4. Send yourself that love letter—receive it in the post
5. Buy the best quality food you can afford

Physical Touch Examples:

1. Slather on gorgeous body lotion—be present and slow.
2. Book a massage.
3. Wear cashmere or silk.
4. Wear gorgeous underwear.
5. Hug yourself!! Why not?

Quality Time Examples:

1. Listen to your body's needs - stop when tells you!
2. Write in a journal—allow your feelings out
3. Be mindful when you eat
4. Meditate
5. Date Yourself...

ACTION STEP

Every day this week, I want you to do something to SHOWER YOUR BODY WITH LOVE. Start with your primary language of love and then explore others too.

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I've created a list of more ideas in the Additional Resources area entitled 'Languages of Love Example Acts'

Now it's your turn

Using my examples above (and the ones in the Additional Resources) as inspiration, write out how you intend to **shower your body with love this week.**

Every body is different so listen to what yours needs from you.

Have fun and be creative with this!

The purpose is for you to really SHOW your body how much you love her

<i>Language of love</i>	<i>Ways I can 'speak' that way to my body</i>

Day 1

What did you do to shower your body with love today? How did it feel?

Day 2

What did you do to shower your body with love today? How did it feel?

Day 3

What did you do to shower your body with love today? How did it feel?

Day 4

What did you do to shower your body with love today? How did it feel?

Day 5

What did you do to shower your body with love today? How did it feel?

Day 6

What did you do to shower your body with love today? How did it feel?

Day 7

What did you do to shower your body with love today? How did it feel?

Which were your favourite acts of self-love this week?

Next week and beyond, how often would your body love for you to shower her with love?
Do you commit to doing so and why?

Part 3

Date Yourself

Date Yourself

Of all the languages of love, it is crucial that you give yourself quality time. Everyone wants someone to listen to them, pay attention to them and spend time with them. Well, you need to make sure that you are providing your body with this quality time too.

When we have spent years in the role of mum, partner, employee, employer, carer, giver, (or whatever the role), then it becomes easy to lose connection with ourselves. All these roles have the potential to pull us a little bit further away from who we really are. To really give yourself the love you deserve, you need to spend time with yourself.

Lots of my clients are unsure on how to spend time with themselves and remember what they even find fun; hopefully Module 3 helped you to understand the importance of this.

I want you to get excited about spending some quality time by yourself doing things that make your heart soar...

That to me is the ultimate in self-care and we can rename it 'FUN'.

Get dreaming...

Let's begin with some very important work of daydreaming. You learn so much about yourself when you daydream - never stop!

Ask yourself: What would my ideal day to myself be like?

- Where would you be?
- What's the first thing you would do when you woke up?
- What would you have for breakfast?
- What would you choose to wear?
- Which activities would you partake in?
- How would you spend your morning?
- Where would you have lunch? What would you eat?
- How would you spend your afternoon?
- Where would you have dinner and what would you eat?
- How would you spend your evening?

Write out your Ideal Day as if it had just happened. Put in lots of emotion and detail.

(For this exercise, money is no object and anything goes, so no holding back).

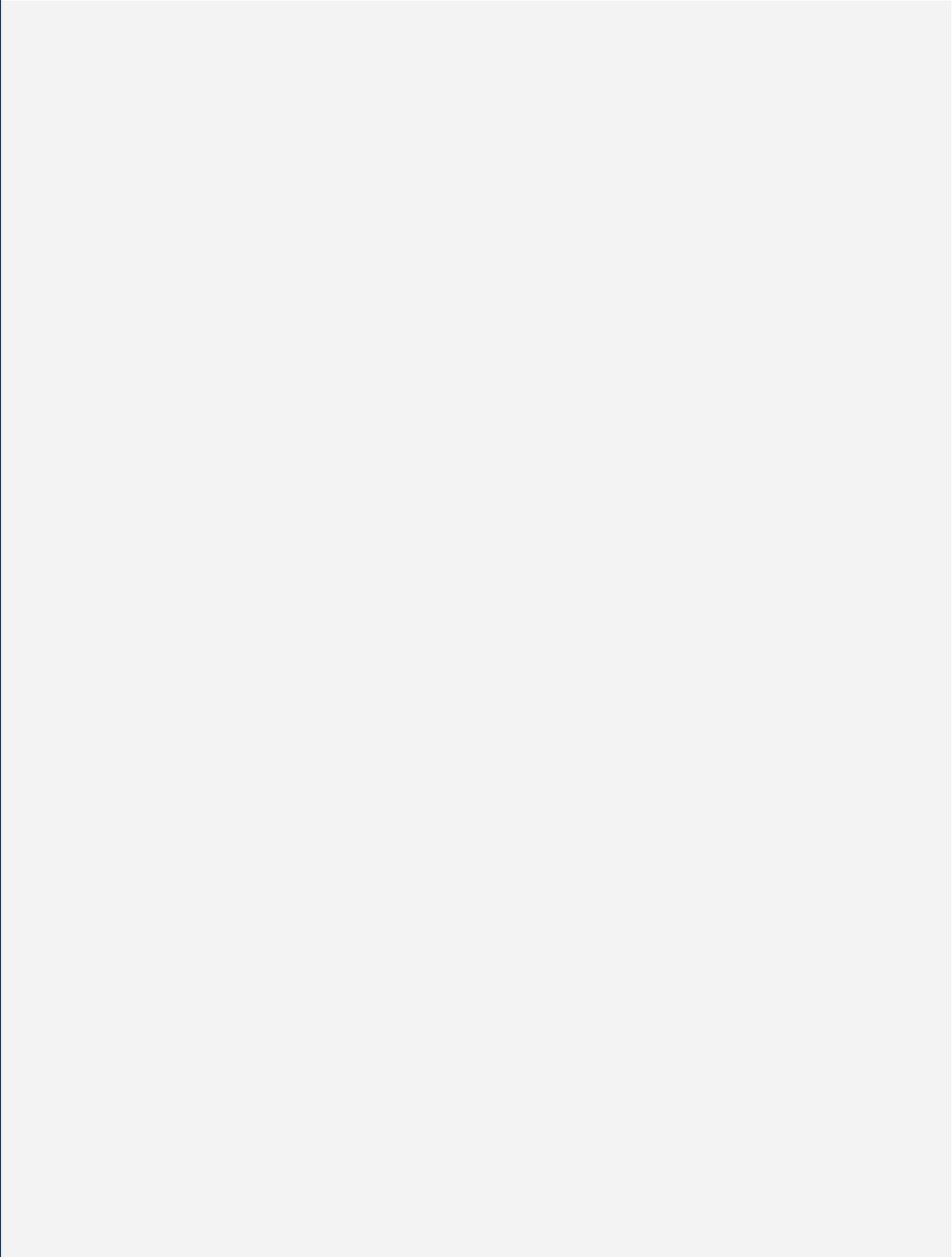
Please note

YOU HAVE TO SPEND THE WHOLE DAY DOING THINGS BY YOURSELF

(you can't meet up with friends etc) other than that you have carte blanche to do whatever you want!

My Ideal Day

My Ideal Day continued...



Self-Date Ideas

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:: **Art date.** Make this as simple as you like. Get a colouring book, start finger painting or knitting. Make jewellery or take your watercolours to a lake and bring out your inner Monet.

:: **A long drive.** Take yourself off for a long drive exploring country roads you didn't know existed. Make sure you have your favourite music playlist or just enjoy the scenery. Take a picnic...you never know what tranquil spot you might find.

:: **People watch.** Take yourself to a coffee shop or hotel, order your favourite beverage and take in the surroundings.

:: **Have a bake off.** Crank the music and oven up and bake yourself some deliciously healthy treats.

:: **Scrap it.** Dust off your old photos and make that scrapbook you have always wanted.

:: **Local produce.** Go to a farmer's market, a local market or pick-your-own farm.

:: **Take yourself dancing.** Go to that salsa, Zumba, ballet or tap class that caught your eye.

:: **Snap shot.** Take your camera (or phone) to a beauty spot and get snapping.

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:: **Have a photo-shoot.** Choose your favourite outfits, turn up and let them do your hair and make-up. The expense goes up depending how many prints you buy of course.

:: **Explore a city.** Whether it is capital city or even your own, the idea is to see the city with fresh eyes. Visit the local tourism office and see what it has to offer that you weren't even aware of.

:: **Watch a matinee.** You could go to the cinema on your own too. However, watching a matinee is something you can tie in with exploring a city because the best shows are usually in better locations. How about watching Wicked, Dirty Dancing or Chicago?

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:: **Night away at nice hotel.** Book yourself into a luxury hotel. Use the facilities, order room service, watch a movie, read magazines, enjoy the huge bed all to yourself.

:: **Pamper.** Go to a spa resort for a weekend or, if your budget can stretch to it, a week.

:: **Channel your Pretty Woman.** Hire a personal stylist and buy a new wardrobe. WARNING: do not do this on a whim; you will regret it and waste lots of money. Instead, make sure you get clear on the style you want, take time to create a Pinterest board of the styles, colour and accessories you want. Ensure your stylist really gets the look you're after; show her your board, if she isn't almost as excited as you are about it then find someone else!

Your Self-Date

So beautiful, it's time to plan a date with yourself...

Use the ideas from your Ideal Day and the examples I gave you (more can be found in the Additional Resources area) and plan out a REAL date you can take yourself on in the next few weeks.

Remember it is meant to be done ALONE. Regardless of whether the activities you choose are free or require you to spend money, remember that you are investing in YOU. You are trying to cultivate a respectful and loving relationship with yourself.

It doesn't matter what you do, as long as you have fun and start to enjoy spending time with the person who is rapidly becoming your new best friend: you.

Pick up your diary and block off some time over the next few weeks. It can be a whole day, an evening or just a morning or afternoon.

When will you have your Self-Date? Write the date and time.

Where are you taking yourself and what will you do?



Let's celebrate together!

Post a photo of you showering your body with love or on your Self-Date in our Facebook Group



Module 4 ACTION Steps

1. **Take the Languages of Love Quiz**
 2. **Listen to the audio and then complete all exercises in the workbook**
 3. **Say your affirmations twice a day**
 4. **Do something EVERY DAY to shower your body with love**
 5. **Every day, write 5 reasons you are GRATEFUL to your body**
 6. **Dream up, plan and then GO on a your Self-Date**
 7. **Post a photo of you showering your body with love or on your Self-Date in our Facebook Group**
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*You have completed
Module 4. Wooahoo!*

Well done!

*Have fun on your
date... xx*