

YOUR SELF-LOVE WORKBOOK



21 Days to Deep Self-Love

*The shamanic path back to yourself — with rituals, journeys, and a promise
to the most important person in your life: you.*

ONE SHAMANISM

Before you begin

This workbook is your companion for the next 21 days. It is not a booklet to work through, but a space to arrive in. Write by hand if you can — the hand is slower than the mind, and that is exactly the point.

Every day has one page: the core message of the day, your ritual with its key steps, and reflection questions to feel into. On the journey days (5, 10, and 17) you will also find a journey log, and at the end of each week a weekly review.

There is no right or wrong. If you miss a day, continue the next. If tears come, let them come. If resistance comes, it is material — not failure.

An honest word: this course is not a substitute for therapy. If you are in acute crisis, please also seek professional support.

YOUR SELF-LOVE ALTAR — THE FOUNDATION

1. Choose a small, quiet place that belongs to you for 21 days (windowsill, shelf, corner).
2. Place three things there: something from nature, something that reminds you of yourself as a child, a candle.
3. Open with the sentence: "I am here. I will stay with myself for 21 days."

How am I doing with myself?

If I am honest, this is how I currently speak to myself ...

This is what I wish for at the end of these 21 days ...

This is what would change in my life if I could truly accept myself ...

My self-love today, spontaneously (please circle):

1 · 2 · 3 · 4 · 5 · 6 · 7 · 8 · 9 · 10

WEEK 1

SEEING

*You meet yourself as you truly are: your inner critic, your core beliefs, your
body — and your spirit animal of self-love.*

01

Arriving: Your Sacred Space

Self-love needs a place. Every healing begins by opening a space — outwardly and inwardly.

YOUR RITUAL TODAY

1. Set up your self-love altar: something from nature, a childhood memory, a candle.
2. Light the candle and place one hand on your heart.
3. Say out loud: "I am here. I will stay with myself for 21 days."

☐ Ritual done — I stayed with myself today.

These three things lie on my altar — and this is why I chose them:

My intention for these 21 days:

02

The Voice That Isn't Yours

Your inner critic is an echo of inherited sentences. It is a guest in your house — not the owner.

YOUR RITUAL TODAY

1. Today, write down every self-critical sentence (a phone note is enough).
 2. In the evening, read the sentences out loud at your altar.
 3. After each one, ask: "Whose voice is this, really?"
- ☐ Ritual done — I stayed with myself today.

My 5 most frequent critic sentences — and whose voice is behind them:

How old was I when I first heard these sentences?

03

Back Into the Body

Self-love is physical. The fastest way back leads through earth, breath, and touch — not through thinking.

YOUR RITUAL TODAY

1. Stand barefoot (outside, or on the floor).
2. Breathe in the 4-6-8 rhythm: inhale, hold, long exhale.
3. "Gather" your body with your hands, from your feet up to your head.
4. Embrace yourself: "I live in here. And that is good."

☐ Ritual done — I stayed with myself today.

Here I feel at home in my body:

Here I feel numb or foreign:

This is how the grounding felt:

04

What You Believe Becomes Your Mirror

Beliefs are not truths — they are survival strategies from back then. Seeing them is half the way to releasing them.

YOUR RITUAL TODAY

1. Stand in front of the mirror and hold eye contact with yourself for 3 minutes.
2. Immediately afterwards, write down what surfaced — thoughts, feelings, resistance.
3. Resistance is material, not failure.

☐ Ritual done — I stayed with myself today.

I am ... / Love must be ... / If people really knew me ...

My 3 core beliefs to work with in weeks 2 and 3:

05

✦ Journey 1: Your Spirit Animal of Self-Love

A spirit animal is your second point of view — the power in you that has never judged you. Today you receive an ally at your side.

YOUR RITUAL TODAY

1. Create an undisturbed setting: blanket, dimmed light, headphones.
2. Listen to the guided drum journey (audio, approx. 25 minutes).
3. Bring your question: "What do I need to learn to love myself?"
4. Afterwards, thank your spirit animal at your altar.

☐ Ritual done — I stayed with myself today.

This animal came to me:

This quality it brings into my life:

Meeting your spirit animal

This is what I saw, heard, felt ...

This is who/what I met — this is what was shown to me ...

This is the message I take with me ...

This is how I will honor this meeting in the coming days ...

06

The Language of Self-Kindness

You would never speak to a friend the way your critic speaks to you. Self-compassion is a language pattern — and language patterns can be learned.

YOUR RITUAL TODAY

1. Write down a current self-criticism.
2. Rephrase the same situation the way you would say it to your best friend.
3. Speak the friend version out loud — one hand on your heart, at your altar.

☐ Ritual done — I stayed with myself today.

Critic sentence → friend sentence (translate your 5 sentences from day 2):

My 3 emergency sentences for hard moments:

07

The Water Ceremony of Letting Go

Water carries away what is no longer needed. Letting go is not a thought — it is an act.

YOUR CEREMONY TODAY

1. Write the week's 3 heaviest critic sentences on paper.
2. Go to water (river, sea — or a bowl at home).
3. Read each sentence out loud and release it: "You protected me. I don't need you anymore."
4. Give the paper to the water (dissolve it) or discard it consciously.

☐ Ritual done — I stayed with myself today.

This is what I gave to the water:

What I have seen

The most surprising thing I learned about myself this week ...

This voice in me has become quieter / louder ...

This is what I symbolically release with the water ceremony ...

WEEK 2

HEALING

*You make peace with your story: your inner child, old wounds, forgiveness —
the deepest week, carried by your spirit animal.*

08

The Child You Were

Self-rejection almost never begins in adulthood. The child who once learned "the way I am is not right" is still waiting for a different answer.

YOUR RITUAL TODAY

1. Find a photo of yourself as a child (or draw a memory).
2. Give it a place on your altar.
3. In the evening, 5 minutes: look at the child and say one sentence it needed to hear back then.

☐ Ritual done — I stayed with myself today.

Dear little me ... (letter opening — you will continue writing this week):

3 moments the child felt small / 3 moments it shone:

09

What Was Missing

Behind every "I am wrong" stands an unmet need. The adult you are today can give the child what was missing back then.

YOUR RITUAL TODAY

1. From the needs list in the video, choose your 3 strongest.
2. Today, take ONE concrete action for the strongest need.
3. Announce it out loud: "I am doing this for you."

☐ Ritual done — I stayed with myself today.

These 3 needs went unmet back then:

How I can give myself today what I was missing (idea list):

10

♦ Journey 2: Your Inner Child

In the journey you meet the child not as a memory, but as a living part of you. For many, this day is the turning point.

YOUR RITUAL TODAY

1. Create the container: undisturbed, warm, tissues within reach.
2. Listen to the guided drum journey (audio, approx. 30 minutes) — your spirit animal accompanies you.
3. Ask the child: "What do you need from me?" — and make it one promise.
4. Afterwards, light a candle for the child at your altar.

☐ Ritual done — I stayed with myself today.

My promise to my inner child:

Meeting your inner child

This is what I saw, heard, felt ...

This is who/what I met — this is what was shown to me ...

This is the message I take with me ...

This is how I will honor this meeting in the coming days ...

11

The Day of Gentleness

Healing does not happen in the ceremony; it happens in the hours after. Today is integration — no new input.

YOUR RITUAL TODAY

1. One warm meal in peace — no screens.
2. Self-touch: one hand on your heart, one on your belly, 10 breaths.
3. Go to bed early. At your altar, tell your inner child how your day was.

☐ Ritual done — I stayed with myself today.

This is still resonating from yesterday (feelings, dreams, body):

This is how it felt to be allowed to be "unproductive":

12

The Weight of Others: Forgiveness

Resentment binds your energy to the past. To forgive does not mean "it was okay" — it means "it may stop working inside me."

YOUR CEREMONY TODAY

1. Choose one person or situation that left old wounds.
 2. Hold a cord as a symbol of the connection. Speak what happened, unfiltered.
 3. Say: "I take my power back." — and cut the cord.
 4. Invite your spirit animal as witness. Discard the cord consciously.
- ☐ Ritual done — I stayed with myself today.

Who I forgive, for what — and what it has cost me until today:

This is what released after the ritual:

13

Forgiving Yourself

Often the harshest creditor of your guilt is you. You, too, acted with what you knew and could do back then.

YOUR RITUAL TODAY

1. Stand in front of the mirror with your "guilt list."
2. To each item, say: "I did what I could back then. I forgive myself. I set you free."
3. Close with your friend voice from day 6. Tears may come.

☐ Ritual done — I stayed with myself today.

My self-forgiveness letter (start here; take an extra sheet if you need more space):

14

The Fire Ceremony of Transformation

Fire transforms — it does not destroy, it releases energy. What kept you small becomes fuel for your new sense of self.

YOUR CEREMONY TODAY

1. Take your 3 core beliefs from day 4.
 2. Read each one out loud and honor it: "You wanted to protect me."
 3. Burn them safely (fireproof bowl — variants in the video).
 4. Over each ash, speak a new sentence — the birth of your new beliefs.
- ☐ Ritual done — I stayed with myself today.

Old sentences → new sentences (first draft):

What was allowed to heal

This has changed between me and my inner child ...

This is what I have forgiven — others, or myself ...

These old sentences I gave to the fire — and these new ones were born ...

WEEK 3

ANCHORING

You become the woman who loves herself: new beliefs, clear boundaries, your daily practice — and the covenant with yourself.

15

Sentences Your Body Believes

*A new belief does not become true through repetition, but through embodiment and evidence:
sentence + posture + action.*

YOUR RITUAL TODAY

1. For each new belief, find a posture (upright, hand on heart).
2. Speak each sentence 3× out loud at your altar — in its posture.
3. Today, take ONE action that proves one of the sentences.
4. Couple gesture + sentence as an anchor for everyday life.

☐ Ritual done — I stayed with myself today.

My 3 new beliefs (refined — sensory, positive, in my own power):

Evidence collector: this is what I did today that proves the sentence:

16

No Is a Sacred Word

*Every yes to others that is a no to yourself confirms the old sentence "others matter more."
Boundaries are the walls of your sacred space.*

YOUR RITUAL TODAY

1. Choose one real, upcoming situation (a request, an appointment, an expectation).
 2. Phrase your no at the altar and practice it out loud — with your spirit animal's power.
 3. Speak the no in the real world — today or tomorrow.
 4. Establish a protection gesture for difficult conversations.
- ☐ Ritual done — I stayed with myself today.

Here I say yes when I mean no (my people-pleasing inventory):

My no — kind and clear:

17

♦ Journey 3: Your Future Self

Your future self is not a fantasy; it is a resource. Today you receive from her what she knows.

YOUR RITUAL TODAY

1. Create the container as for the first journeys.
2. Listen to the guided drum journey (audio, approx. 30 minutes).
3. Receive her message and her gift — and feel her self-love in your own body.
4. Write the message down immediately after returning.

☐ Ritual done — I stayed with myself today.

3 things my future self does daily — which do I adopt starting today?

Meeting your future self

This is what I saw, heard, felt ...

This is who/what I met — this is what was shown to me ...

This is the message I take with me ...

This is how I will honor this meeting in the coming days ...

18

Your Self-Care Code

Self-love that depends on a course ends with the course. Self-love that becomes practice carries you for life. Small and daily beats big and rare.

YOUR RITUAL TODAY

1. From all course elements, choose your personal essentials.
2. Write your Self-Love Code (morning / day / evening / weekly).
3. Sign it ceremonially and place it on your altar.

☐ Ritual done — I stayed with myself today.

My code — morning / day / evening / weekly:

My minimal version for hard days:

19

Your Body, Your Home

Many treat their body like a project that is never finished. Today it is treated as what it is: the home of your soul.

YOUR CEREMONY TODAY

1. After showering: anoint your body with oil or cream — each area consciously.
2. Thank each area: "Thank you, legs, for carrying me ..."
3. Close in front of the mirror: your own gaze, soft.
4. Invite your spirit animal's quality into your posture.

☐ Ritual done — I stayed with myself today.

10 things my body did for me today:

Lines of reconciliation to a body part I have often criticized:

20

Showing Your Light

The final test of self-love is not the altar but everyday life with others: saying what you need, showing who you are, being able to receive.

YOUR RITUAL TODAY

1. Choose ONE authentic act you usually avoid.
2. Do it today: voice a need, accept a compliment, let your opinion stand.
3. In the evening, honor yourself at the altar: "I showed myself today."

☐ Ritual done — I stayed with myself today.

My authentic act today — and how it felt:

Here I am still hiding — and this sentence I will say to someone this week:

21

The Covenant With Yourself

In many traditions, an initiation ends with a covenant. Today you make one with the most important person in your life: yourself.

YOUR CLOSING CEREMONY

1. Read your baseline from day 0 — and see what has changed.
2. Thank your spirit animal and your inner child.
3. Speak your covenant out loud (certificate at the back of this workbook) and seal it with a gesture.
4. Light the candle one last time in this container: "I love myself. Exactly as I am. And I am staying."

☐ Ritual done — I stayed with myself today.

Before / after — this is what has changed in 21 days:

What remains

This is how I speak to myself today — compared to day 1 ...

These rituals I take with me into my life ...

This is what I promise myself — beyond day 21 ...

Daily Ritual Tracker

Check off what you did for yourself today. Not as achievement — as loving evidence that you are staying.

	Video	Ritual	Workbook	Moment for me
Day 1	☐	☐	☐	☐
Day 2	☐	☐	☐	☐
Day 3	☐	☐	☐	☐
Day 4	☐	☐	☐	☐
Day 5	☐	☐	☐	☐
Day 6	☐	☐	☐	☐
Day 7	☐	☐	☐	☐
Day 8	☐	☐	☐	☐
Day 9	☐	☐	☐	☐
Day 10	☐	☐	☐	☐
Day 11	☐	☐	☐	☐
Day 12	☐	☐	☐	☐
Day 13	☐	☐	☐	☐
Day 14	☐	☐	☐	☐
Day 15	☐	☐	☐	☐
Day 16	☐	☐	☐	☐
Day 17	☐	☐	☐	☐
Day 18	☐	☐	☐	☐
Day 19	☐	☐	☐	☐
Day 20	☐	☐	☐	☐
Day 21	☐	☐	☐	☐

TO CUT OUT

Your affirmation cards

Cut out the cards and place them on your altar, in your wallet, on your mirror. Speak them out loud — with one hand on your heart.

I am here. And that is good.

I did what I could back then. I forgive myself.

I am worthy — simply because I am.

My no is a sacred word.

Today I give myself what I needed back then.

I love myself. Exactly as I am. And I am staying.

DAY 21 · YOUR COVENANT CERTIFICATE

The Covenant With Myself

For 21 days I have seen, healed, and anchored. Today I make a covenant with the most important person in my life: myself. I promise myself — in my own words:

Place, date

My signature

IN CLOSING

A letter to myself — in 6 months

Dear me, half a year from now — this is what I want to tell you and give you today, at the end of my 21 days: