

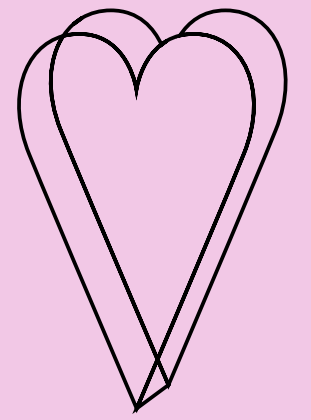
TFGG

the fit girl gang

**The
Self Love
Project**



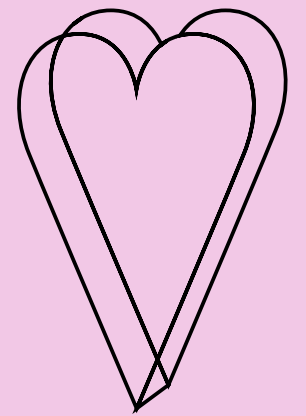
The Self Love Project



Who The Self Love Project was created for:

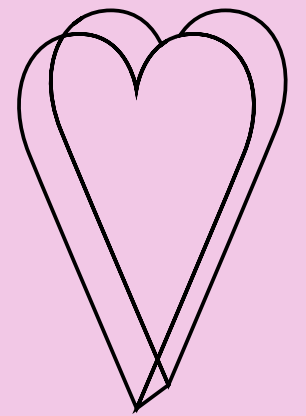
Right off the hop, I want to make sure you know that I didn't create this for every woman in this community. This is actually the first piece of content that was created for a very specific group of you. The ones who can't shake the self hate. The ones who feel it haunt them and follow them everywhere they go, and in everything they do. This one's for you.

With that being said, there is valuable content in here for everyone! We can all benefit from implementing these practices into our lives, especially when we've gone through a particularly challenging period of time. If you are at a place of contentment and ease mentally, you should be so damn proud. Maybe you've always been someone who has lived in a good headspace in regards to who you are and what your body looks like, or maybe you've had to work for a long-ass time to get to the positive and accepting place that you are right now. Either way, please do whatever you can to remember that you deserve to maintain that sense of love and respect for yourself. If taking on this project is something you need right now, go for it! If you're all good, that's amazing and this will be here for you if/when you ever need it.



I want to create a list of the common descriptors of what it feels like to be in “Battle Mode”. From here on out, Battle Mode is what we will refer to being in the following state of mind:

- Feeling as though you will only be able to love yourself (and will only deserve to love yourself) once you look a *certain way or weigh a very specific number on the scale.
 - *This very specific image of yourself that you aspire toward and exists in your mind is usually based off of 2 major things:
 1. “My ideal body” aka a version of yourself that existed in the past and was when you were your thinnest.
 2. “The ideal body” aka images of women you have seen on Instagram, saved to your photos, and aspire to transform into.
- Obsessing over your body to the point that it takes over other completely unrelated tasks. You have a hard time studying for exams or taking on work projects without obsessing over how you need to fix or transform your body in some way.
- You constantly find yourself comparing yourself to other women. You stare at their bodies in an unhealthy way, either wanting to look like them, or unfairly and often cruelly judging them.
- You will cancel plans because you don’t want to be seen by people, and constantly fear being judged while at the gym, the store, or really anywhere you go in public.
- You frequently bring up how much you hate your body or “how disgusting you feel” in conversations with the people you love. This typically applies to extroverts in Battle Mode, but can sometimes be a habit of introverts too.
- You stare into the mirror with disgust. Whether you are fully clothed or fully naked, you’re picking yourself apart completely.
- You feel like changing your body is the solution to all of your problems. If you had a better body you would be happier, wealthier, funnier, and people would like you so much more.
- You fantasize about waking up in your “dream body” one day, and you swear you would never take it for granted if it happened.



How The Self Love Project works:

Bottom line: It works however you need it to. This isn't something with a deadline, or even a time line. This was developed to help you learn to love yourself and accept yourself, and there is no "right amount of time" it's going to take to do that.

There are 7 major parts to this Project, and you'll receive 2 of them along with your training Blocks every 2 weeks. Now this isn't to say that you need to do an entire part each week, it might take you three weeks for each part and that is completely and totally okay! The point of this Project is to make a structural shift in your thoughts, habits, and behaviours, and only you are going to know when you are ready to continue on your journey to the next step.

DISCLAIMER

I am not a therapist, a psychologist, or a magician. I cannot promise that this Project will cure you forever from your inner demons. What I am is a girl who has battled these demons herself - for longer than I would like to admit. I am also someone who has had the incredible fortune of sitting down and gaining insight into the minds and internal battles of hundreds of women. I have seen the pain and the struggle that so many of you have faced time and time again. Somehow these struggles are so painfully unique, but eerily similar at the exact same time.

I have decided to use what I have to give you a pathway that will hopefully lead you out of the darkness that you are so used to being consumed by. The hard truth is, that unless you decide that your own mental health and happiness is worth fighting for, nothing I or anyone else creates is going to matter. This is all about knowing the life you are worthy of living, and making it yours.