



Embracing Deep Beauty

The Deep Beauty Embrace is designed to help you explore core beliefs, attitudes and behaviors that affect your self-image. Be gentle with yourself as you go through this exercise. Create quiet time in a comfortable place to reflect and journal. Make this sacred time for yourself in this process. The following questions may further clarify what may be ready to shift in your life.

- What are some of your strengths, gifts & talents?
- What character qualities do you like about yourself?
- What, if anything, stands in the way of your being willing to love yourself without conditions?
- What, if any, aspect of yourself (inner or physical) do you find challenging to accept and love without conditions?
- What does the word beauty (beautiful) mean to you? Any negative associations?
- What did you learn about appearance and beauty from your familial feminine lineage (mother, grandmothers, aunts, etc.)? From your masculine lineage (Father, grandfathers, uncles etc.)? From other family influences?
- Who are some of the people you consider “beautiful”? Why? Who is not? Why?
- When have you felt most beautiful in the past?
- When have you felt least beautiful?
- How has aging affected your perceptions and feelings about your self-image?
- Are you at all uncomfortable with people paying more attention to you?
- Have you ever felt invisible? If so, what was that like? How does the idea of being more visible feel for you?
- Does it feel safe to let your true, authentic self express creatively in the world? What would it be like to receive more attention around your gifts?
- If you were to make a “Gratitude List” what would you include on that list? “I am grateful for _____ because _____.”



Self-Care

- What are some of the things you might do to practice self-care?
- What helps you feel nurtured and renewed—physically as well as spiritually or emotionally?
- What are some of the repetitive thoughts you have around your self-image? Are you critical and judgmental of yourself and/or others?
- When you look into the mirror what do you focus on? How strong is your inner critic's voice?
- Do you practice setting safe good boundaries with others or do you fall into people pleasing?

Nourishment

- How do you nourish yourself on a soul level?
- How do you feed yourself on a physical level?
- What feeds your creativity and inspires you?
- Are you or have you ever been compulsive around food or any other substances?
- Are you or have you ever been compulsive around body issues? Your weight? If so, what does that feel like?
- How comfortable are you with receiving from others, as opposed to giving others your time, attention, and efforts?

Joy

- Where do you experience the most joy in your life?
- What would bring you more joy? What stops you from having it?
- Have you ever been uncomfortable when things were going really well? Did you find yourself feeling at all anxious?
- What feels **FUN** for you?
- What, if anything, are you passionate about?
- What or WHO do you find draining and energy depleting?



Divine Beauty

- What great beauty in nature are you most drawn towards?
- Where do you feel filled and renewed? The ocean? The mountains? The desert? The forest? Why?
- What do you experience when in the presence of nature's beauty?
- How much time do you spend in nature each day?

Stillness

- Does being in stillness or solitude feel uncomfortable for you?
- Do you take any time out of your busy schedule for stillness?
- What does stillness look like for you? (Examples: meditation, tai chi, yin yoga, a contemplative walk in the forest, silence, prayer.)
- What, if any, spiritual practices do you take part in?

Stress Review

Where do you experience the most stress in your life? Take time to review each of these areas of your life. Where are the challenges in each area? **Write about what is working and write about what doesn't feel good that you'd like to change.**

- Home
- Work
- Health
- Self-care
- Friendship/Social Life
- Romantic Relationship
- Creativity
- Visioning
- Emotional Health
- Spirituality



Beliefs & Attitudes

Are any of these critical voices part of your negative self-talk? False beliefs that appear real are energy that we can tap on to release and transform.

- I am not deserving
- I'm not worthy
- I'm not capable
- It's not possible
- I'm too old
- It's not safe to be visible
- I can't really be myself
- I'm not enough
- There's not enough time
- There's not enough love
- There's not enough money
- The man is the provider
- I can't make enough money
- I have to do it all on my own
- I can never give up
- I must not ask for help
- I have to be perfect
- I have to be perfect to be loved
- Food is the enemy
- I'm too_____
- My body is the enemy
- I'm not smart enough
- Other (_____)