

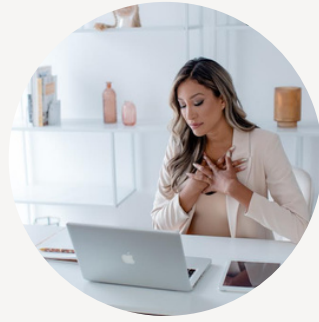
CREATING A NEW LIFE

Start with Self-Love



PART OF THE
INNER TRANSFORMATION SERIES

BY COACH KRYSTAL ROSE



Dear Wonderful Soul,

If you obtained this workbook, it may be because you are seeking something. Perhaps it is an answer, a solution, hope, or all of the above. After 15+ years of exploring, studying, and teaching various self-development and self-healing modalities, methodologies, techniques, and religious concepts, I have learned that many of our root issues can be resolved with LOVE. I will be the first to confess that a few years ago, the concept of LOVE being the "solution" would have made me laugh out loud in condescension. However, today my belief comes from a combination of scientific and spiritual evidence confirming that a way to heal and be happy is indeed LOVE. The problem, however, is that most of us, through no fault of our own, do not know what love is and how it specifically impacts our life.

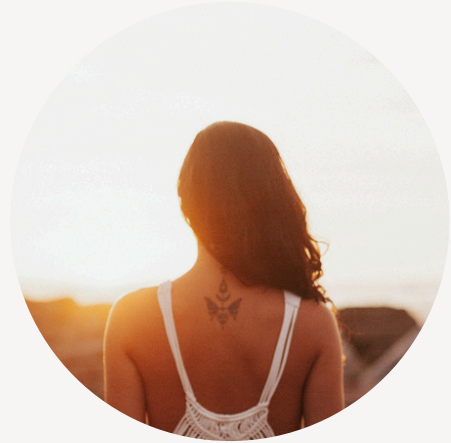
In my coaching, I teach clients about the Love Loop which is one of the several Joy Codes I teach for transforming people's life. Who am I? I am an internationally certified life coach with a passion for the transformation of the mind, body, and soul. I am a trauma and "chronically depressed" survivor. You can learn more about me at coachkrystalrose.com. Right now, all you need to know is that I have done the research and I created an easy learning tool because I love you. I believe YOU deserve the life you want. You deserve abundance, happiness, and health. The journey to your birthright of joy starts with Self-Love. Please move through the concepts in this workbook with an open mind and heart. The concept I present are not meant to convert you to any ideologies, but rather serve as tools for your healing* journey. Our journey is our own but we are not meant to do it alone. I am here to help.

Krystal Rose

**If you are suffering from depression, mental unwell-being, or suicidal thoughts, please reach out to a medical professional for immediate help first, and then you can dig into this book afterward.*

What is Love?

These days, self-love is a commonly known term thanks to the many health gurus, people of influence, media, and the mental health industry who advocate that self-love is the key to the good life. But what exactly is it and how do we get it?



Love is a core element that influences our decisions and thoughts. Our ability to give and receive love usually develops during our childhood and are influenced by our family, culture, and social influences. Love is the opposite of Fear. Love is learned and is a choice.

Self-Love is...

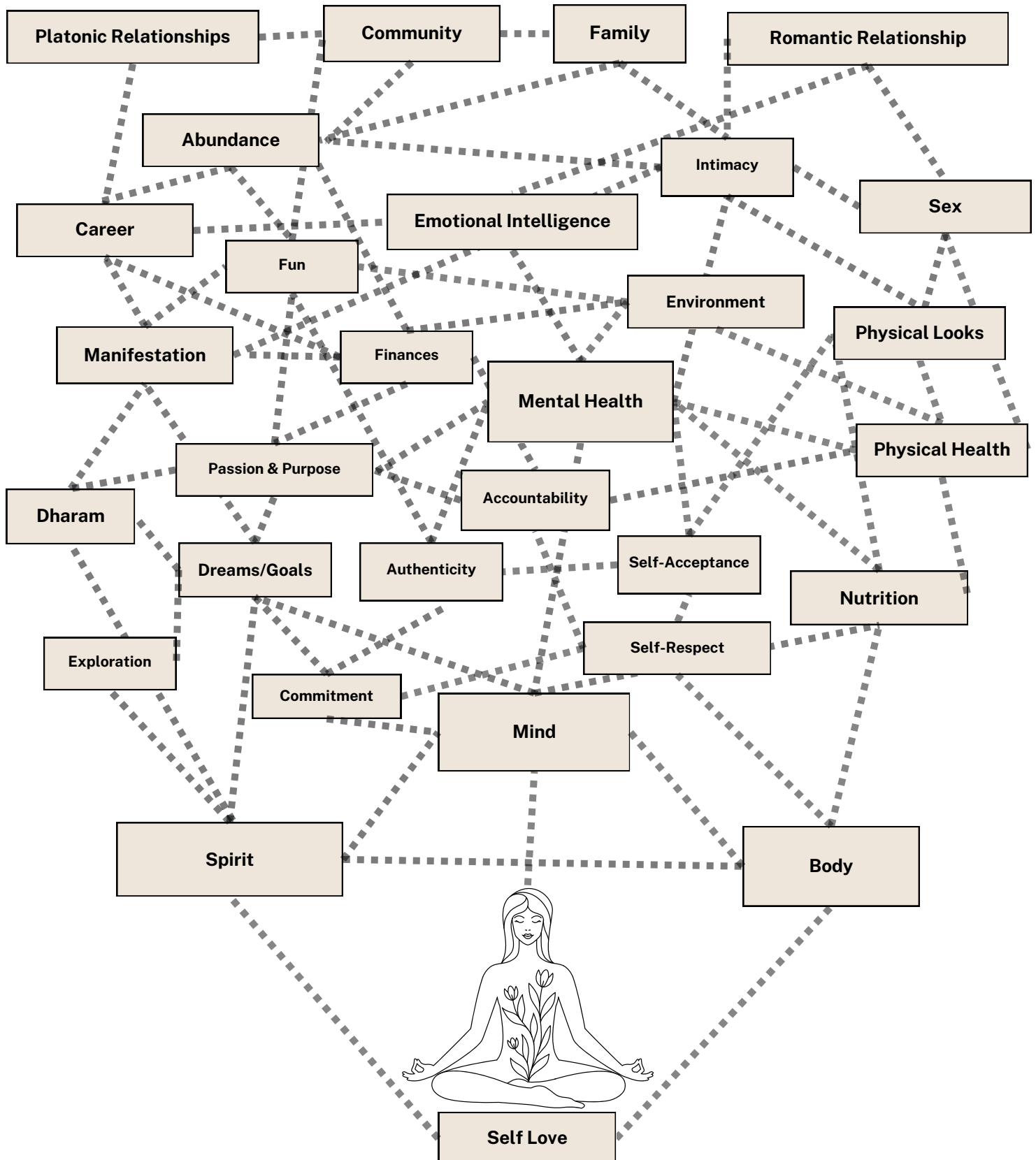
A state of appreciation, admiration, acceptance, and care for yourself. Self-love involves actions and beliefs that you are worthy, that you value yourself, and that others who want to be a part of your life value you the way you value yourself. Self-love includes nurturing the 8 dimensions wellness of your which include the following elements: spiritual, emotional, social, intellectual, financial, physical, nutritional, and environmental.

Having self-love means having a high regard for your own well-being and happiness. It is an energy source that fuels a healthy relationship with all aspects of yourself (including your current self, inner child, ego, spirit, and future self).

It is a practice and a muscle that needs to be built and used. Practicing self-love is a life-long journey and this mini workbook is designed to give you a digestible introduction to awareness of your own level of self-love and what elements to focus on next. If you want additional information, education, and support please visit coachkrystalrose.com and check out the resources, events, and programs,

WHAT DOES SELF-LOVE IMPACT?

From a high-level view, we can see that Self-Love is the foundation for a lot of elements in our life. Some elements we care more about than others. The reality of love is that everything in life is connected, so if you are struggling try working on the root cause, which may very well be an issue with Self-Love.



Why Love Matters?

**“Deep down, at our cores, there are only two emotions:
love and fear”**

ELISABETH KÜBLER-ROSS

As human beings, we are actively creating our life and environment. We create daily, minute by minute, as we process our thoughts and emotions and make decisions that impact ourselves and others. Over the last 15 years of studying health and happiness, I have learned that spiritual and science-based evidence advocate that people are fueled by ONLY two primary emotions; love and fear.

The way we manifest our lives is by consciously and subconsciously making love or fear-based decisions all throughout the day. Choosing love doesn't mean you will never fear again. In fact, it means that many of your fears will come up to finally be healed. This is an ongoing process. We must continually choose love in order to nourish our souls and drive away fear, just as we eat to nourish our bodies and drive away the hunger.

Here are some ways love versus fear manifests itself in the real world.

Fear destroys. Love creates.

When we're afraid of something, we're more likely to tear it down or throw it away. Coming from a place of love, however, encourages us to create, build, or add.

Fear tightens. Love releases.

If you're afraid of losing something, you might tighten your grip on it. If you truly love it, however, you're willing to let it go if you need to.

Fear breeds domination. Love breeds cooperation.

When someone is afraid of losing control, it's easy for them to become domineering. Love, on the other hand, breeds cooperation. Think of a couple in a relationship. Loving couples are more likely to work together to create a life and a home that both of them are happy with. But if one or both of the parties starts to live in fear, they may start acting dominant as a way of exerting control.

Fear hesitates. Love acts.

Fear often keeps us from doing things we otherwise really want to do. Love, on the other hand, pushes us toward those goals and encourages us to act in order to make our dreams a reality.

THE LOVE LOOP

*Give
Love*

*Receive
Love*



*Self
Love*

To simplify how love is processed in our life I created a workflow of love called the Love Loop. Love is an energy that, when you simplify the flow, runs in a loop like an electric current. Self-love is the foundation and directly impacts the quality of energy being sent back and forth through giving and receiving.

Giving can be an obvious sign of respect, intimacy, value, care, etc. But giving can also be seen as the projection of emotions onto someone else.

The quality of energy you send and receive is contingent on your self-love practice.

We create our reality (our world, environment, etc.) with our thoughts and emotions. We are all already adept at manifesting. Everything we do, have, and experience as an adult is by our decisions, our thoughts, and our beliefs. We create our happiness as well as our own hell.

I will give an example of how we create our own reality.

I used to attract men who were insecure, unfocused, unmotivated, and usually not compatible with me. However, I ignored my intuition, I didn't value my authentic self when I was younger so I would change my interests and personality to mirror what I thought my guy wanted. I used to think that it was men who were the problem but what was not right is the energy that I was sending out to the world. My standards were low and I did not value myself enough to think that a higher-value guy would be interested in me. I would lose myself in relationships and eventually lose the guy because he was essentially dating a fake person. When I did not value myself, I did not attract others who valued me. When I had major insecurities I attracted others with insecurities and allowed them into my life.

Now that I have a higher sense of value and I am secure in who I am I am able to easily filter out those who don't value me so that I have the people I want and need in my life. I am able to give and project healthy thoughts and emotions and I spend time with those who give love back to me.

THE ROOT CAUSE

How does Fear and Love show up in our day to day life?

When people choose to navigate their life decisions with FEAR as their energy source, they can experience the following feelings:

Stress
Anxiety
Shame
Judgment
Indecisiveness
Anger
Hate
Guilt
Jealousy
Envy
Rage
Need to Control
Greed
Depression
Hopelessness
and more.



When people choose to navigate their life decisions with LOVE as their energy source, they can experience the following feelings: Joy

Bliss
Zen
Fearlessness
Contentment
Excitement
Peace
Fulfillment
Optimism
Hope
Relaxation
Sense of Security
Less tension in their body
And more



HOW FEAR AND FEAR SHOW UP

USE THIS LIST TO HELP YOU ANSWER EXERCISE 1 AS WELL AS WHEN YOU
ARE PRACTICING MINDFULNESS TO UNDERSTAND YOUR EMOTIONS AND
THOUGHTS.

LOVE IS UNCONDITIONAL (fear is conditional)

LOVE IS STRONG (fear is weak)

LOVE RELEASES (fear obligates)

LOVE SURRENDERS (fear binds)

LOVE IS HONEST (fear is deceitful)

LOVE TRUSTS (fear suspects)

LOVE ALLOWS (fear dictates)

LOVE GIVES (fear resists)

LOVE FORGIVES (fear blames)

LOVE IS COMPASSIONATE (fear pities)

LOVE CHOOSES (fear avoids)

LOVE IS KIND (fear is angry)

LOVE IGNITES (fear incites)

LOVE EMBRACES (fear repudiates)

LOVE CREATES (fear negates)

LOVE HEALS (fear hurts)

LOVE IS MAGIC (fear is superstitious)

LOVE ENERGIZES (fear saps)

LOVE IS AN ELIXIR (fear is a poison)

LOVE INSPIRES (fear worries)

LOVE DESIRES (fear Joneses)

LOVE IS PATIENT (fear is nervous)

LOVE IS BRAVE (fear is afraid)

LOVE IS RELAXED (fear is pressured)

LOVE IS BLIND (fear is judgmental)

LOVE RESPECTS (fear disregards)

LOVE ACCEPTS (fear rejects)

LOVE DREAMS (fear schemes)

LOVE WANTS TO PLAY (fear needs to control)

LOVE ENJOYS (fear suffers)

LOVE FREES (fear imprisons)

LOVE BELIEVES (fear deceives)

LOVE "WANTS" (fear "needs")

LOVE versus fear: what do you feel?

LOVE CHOOSES (fear avoids)

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LOVE versus fear: what do you feel?

EXERCISE 1
HOW DOES FEAR SHOW UP DAILY IN YOUR LIFE?

MIND

FAMILY

SOUL

BODY

EXERCISE 2
HOW DOES LOVE SHOW UP DAILY IN YOUR LIFE?

MIND

FAMILY

SOUL

BODY

START YOUR JOURNEY

DATE YOURSELF

There are many ways to build your self-love. The place to start however, is learning about your self. Learning about yourself can be fun. Treat it like if you were dating someone long-distance. There will be a lot of talking and a lot of mindfulness when planning your schedule to spend time with yourself.

Be curious, be kind, and stir up deep conversations on hard topics.



Show the same energy and interest in getting to know someone.

Start asking yourself questions by asking them out loud (when you are alone), or writing them out in a journal and answering them when you can.

Check in with yourself throughout the day by paying attention to emotions, thoughts, and even body aches. Everything you think or your body does is a form of communication to what is happening internally.

When you have physical disturbance, check in with a body scan meditation.

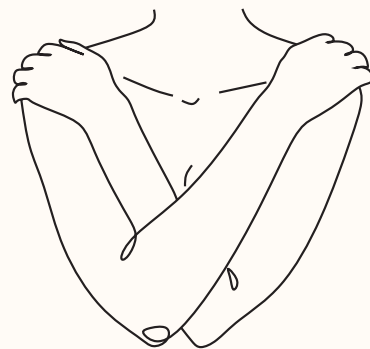
If you are feeling emotional, check on what may be the cause. Is it due to hormonal changes, is it from unhealthy food you ate 3 days ago that is making you sluggish, or are you stressed out?

This process although fun may be a challenge because you don't like the answer or questions. But this is an opportunity to not only get to know who you are but to practice being authentic and not sugarcoating anything to please someone or withhold information in fear of judgment.

The next several pages are exercises to help you learn more about yourself. Please don't stop at answering these questions, these questions are meant to get you going and you take over.

BEFRIEND YOUR INTUITION

Building self-trust is CRITICAL. If we look back at the explanation of how the love loop works and how manifestation works we will remember that how we view ourselves, how we treat ourselves, and what we believe transcends across everything we do and creates our reality. So if you are having trust issues with people at work, at home, in relationships, or anywhere else in your life...there is a good chance you don't trust yourself.



Not trusting ourselves comes from fear and it can develop at any point in our lives if we let it. The most common reason it develops is usually from incidents as children. Not everyone has a super traumatic story in their childhood that caused them to distrust themselves and others. Sometimes we learn it just because we are young and don't have a large set of data (life experience) to help us process what happened. I will give an example.

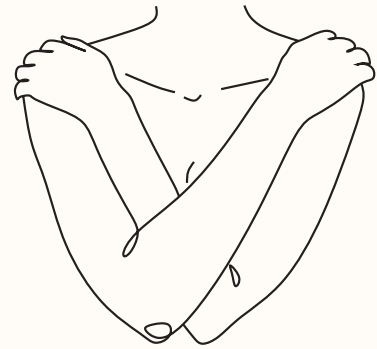
As a young child, I found myself in a situation with cousins and siblings who weren't behaving the way their caretakers instructed them to when we would play. When commanded to join, I would get a gut feeling that I shouldn't be engaging in the activities. However, I would submit to peer pressure and participate. Consequently, I would get in trouble with my caretakers. My caretakers were not as careful with their choice of words when communicating my actions were not approved of. They chose words such as "what's the matter with you", "what's wrong with you", "why would you do that". As a child, I could not explain myself in a logical way to the adults and I was left feeling that I didn't make good decisions and that I was a bad child. As an adult, I know better not to be so hard on myself and to follow my intuition. However, as a 5-year-old, those initial thoughts of not being adequate or enough embedded in my subconscious and I grew to not trust my gut feeling and became a people pleaser.

By not trusting myself, I am telling the universe that I do not trust you or anything in it. So they universe will deliver to me more things that are not trust worthy to prove me thoughts right. The good news is, when you recognize that your self-trust is low you can build it back up and watch your reality change to having more love and trust.

MAKE LOVE-BASED CHOICES

By now you should be clear on what love and fear are. They are opposite emotions that we allow to influence our decision making, perspectives, and ultimately, create our reality whether we like our reality or not.

We are masters at manifesting already. The goal is to be mindful of the source of our thoughts and feelings.



Practicing mindfulness can really assist you in building self-love because it helps you to notice when you are operating from love or fear. In the last few exercise, they will assist you in recognizing the root cause of your thoughts and emotions and be able to correct in your mindset before making decisions or letting your thoughts and emotions cultivate unwanted experiences.

If you are unfamiliar with Mindfulness please take sometime to learn more about it. Mindfulness and mindful-based living is a lifestyle that can really help you manifest your dream life, become and stay healthy, manifest abundance in all aspects and help you live life they way we should be living.

Mindfulness is a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations, used as a therapeutic technique.

Mindfulness means paying full attention to something. It means slowing down to really notice what you're doing. Being mindful is the opposite of rushing or multitasking. the action can be counter to something western society has been fostering for decades which is to do it all, even if its at the same time. Women certainly are encouraged to by multitaskers and do it all while men are also encouraged to do it all while not showing emotions.

There are several ways to learn and practice mindfulness many which involve some form of meditation, but it can be as simple as asking yourself questions. For example, if your friends ask you to go out tonight and you hesitate to say yes, take a moment to ask yourself, why don't I want to go out? Once you get to the answer then you can make a decision. Practicing mindfulness, even with trivial tasks or feelings should be part of your practice.

WANT TO LEARN MORE

www.coachkrystalrose.com

SOCIAL MEDIA

Instagram: @coachkrystalrose

TikTok @coachkrystalrose

YouTube Coach Krystal Rose

PODCAST

Spotify

Itunes

GROUP EVENTS

Group events are held live-virtually and in-person. I offer Wellbeing courses, self-love workshops, and self-healing workshops.

1 - 1 COACHING

Get private coaching for more specific challenges you are facing. I offer packages with customized coaching, programming, and mini retreats.

RETREATS

Some coaching packages include mini and full retreats that enable you to soak up all the information, get individual support, step outside your element, focus on healing in a beautiful, safe space. Additional coaching after the retreat experience to make sure that new beliefs and self-healing continues.

EXERCISE 2
HOW DOES LOVE SHOW UP DAILY IN YOUR LIFE?

MY GOAL IS TO STOP STOP _____ (EX. PEOPLE PLEASING)

MY CURRENT BELIEF THAT I HAVE TO _____ IMPACTS ME IN THE FOLLOWING WAY?



WHEN I THE FOLLOWING WILL CHANGE.