

The background of the cover is a vibrant, tropical-themed illustration featuring various green and yellow plants, including large monstera leaves and smaller foliage. A white geometric frame, consisting of a large triangle at the top and a smaller inverted triangle at the bottom, is superimposed over the background. The text is centered within this frame.

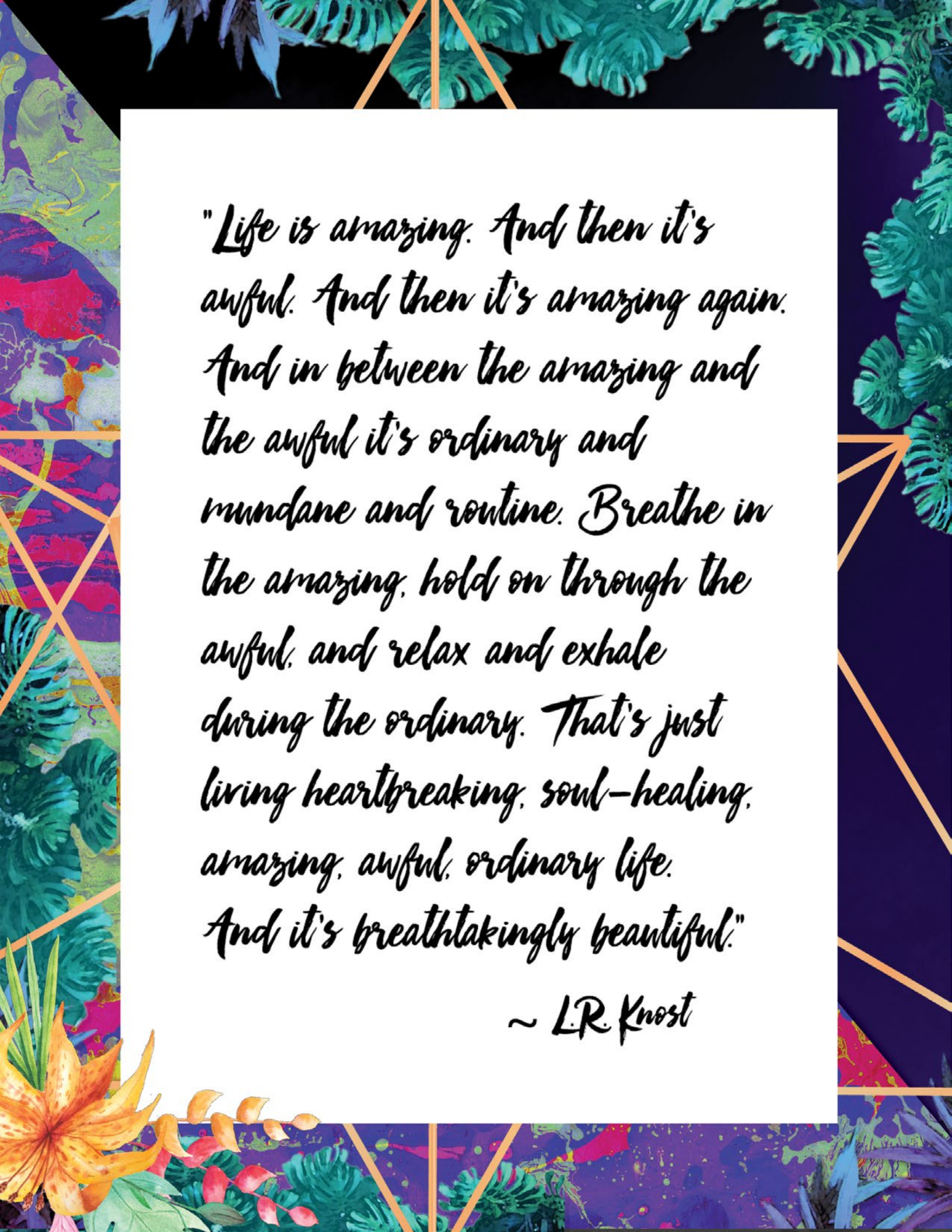
THE SELF-LOVE

Retreat

THE SELF-LOVE EXPERIMENT COMPANION

Course Book

BY SHANNON KAISER



"Life is amazing. And then it's awful. And then it's amazing again. And in between the amazing and the awful it's ordinary and mundane and routine. Breathe in the amazing, hold on through the awful, and relax and exhale during the ordinary. That's just living heartbreaking, soul-healing, amazing, awful, ordinary life. And it's breathtakingly beautiful."

~ L.R. Knost

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Shannon will guide you to strengthen your relationship with yourself. Release old patterns of negative self-talk and self-abuse. She'll address the inner critic and fear-based parts of us that are keeping us from feeling loved and appreciated. Learn how to identify your inner critic and its motivation. This session is the groundwork and foundation for all other sessions; it serves as a springboard to access your best self.

Session 2: Find Purpose in Your Pain.....10

Address your self-sabotaging habits and understand the fear-based self. You'll learn powerful tools to combat self-doubt and sabotage and understand the barriers and hidden blocks keeping you from moving forward. This session will help you release the blocks for good.

Session 3: Stand by You.....16

Today you'll learn essential tools to help you shine bright and be proud of who you are. You will identify powerful methods to accept what you can't change and feel empowered to change what you can't accept. Shannon will guide you to embrace the five key pillars of self-love. Through this process, you will create a roadmap to happiness and health.

Session 4: Me Matters.....21

Today you'll create a solid plan of action to help you take your new aha moments and apply them to your life for lifelong fulfillment. You will learn powerful ways to stay vibrant, happy, and super connected to your beautiful, wonderful self.

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Create a powerful blueprint for your life. One that aligns with your truth and authentic purpose and power. This wonderful session will give you clarity, confidence and joy. You'll walk away with a sense of purpose and renewed enthusiasm for your life and role in it.

Session 6: The Self-Love Principles.....35

Learn the roadmap to self-love and key principles to help you align with your truth. Walk out of this session with a clear guide to help you take your learning into your daily life. This is a celebration session to embrace who you really are.

Bonus Resources.....37

Introduction

A MESSAGE FROM SHANNON

Welcome, Beautiful,

Thank you for joining me on this journey. I honor you and your commitment and desire to grow and live your highest potential. By signing up for this retreat, you have said yes to yourself, your life, and you declare you are ready for more.

Congratulations! Our time together will be important, inspirational, valuable, and, ultimately, one of the most important courses you take, for loving yourself is the catalyst to everything you want and need in life.

You are here to live on purpose, and your life is easier when you are your own friend. It's time to release the negative fear, insecurity, and worries that have consumed and burdened you.

Through this life-changing program, you will learn how to open yourself up to receive support, love, and everlasting guidance.

Now that you've shown up and invested in yourself, you may be feeling myriad emotions. Perhaps you're overwhelmed with excitement and joy. Or maybe you're worried and freaked out. Whichever you are, recognize that it is exactly where you are meant to be. Honor your experience in each moment, which is the first principle of self-love.

As we dive in on this journey together, I offer you five guiding principles that I live by as a self-love student and teacher:

1. YOU ARE ALWAYS EXACTLY WHERE YOU'RE SUPPOSED TO BE.
2. YOU GET WHAT YOU FOCUS ON.
3. EVERYTHING THAT HAPPENS IS ALWAYS FOR YOUR HIGHEST GOOD.
4. JOY IS THE BEST BAROMETER FOR SUCCESS.
5. DOUBT IS JUST MANIFESTED FEAR THAT NEEDS MORE LOVE AND ATTENTION.

Love. Shannon Kaiser





SUDDENLY IT MADE SENSE:

To stop hating myself is to
raise the vibration and love
on the planet.

To stop loathing thyself
is to reduce the negativity
and pain in the world.

#MeMatters

SESSION 1

Disappear Your Fear



SESSION 1:

DISAPPEAR YOUR FEAR

IDENTIFY 2 OR 3 PEOPLE YOU ARE INSPIRED BY.

What characteristics, values do they have that you admire?

Recognize that what you admire in others is a reflection of you.

TOP 5 BARRIERS BLOCKING US FROM SELF-LOVE

1. We can't be happy until...(Almost Paradise Syndrome)
2. We think our problems, flaws, insecurities are the problems.
3. We compare ourselves to others (and ourselves)
4. We believe our inner critic
5. We judge ourselves for judging ourselves

Free Write

Identify the barrier that blocks you the most and freewrite on how it has prevented you from feeling self-love, compassion, and getting what you want.



SESSION 1:

DISAPPEAR YOUR FEAR

Love Seat

ALL PROBLEMS ARE PATHWAYS

1. What is a main problem, insecurity, or flaw that has been causing you distress?
2. How much time do you spend worrying and thinking about it?
3. What are your current thoughts about it?
4. What has worrying about this problem kept you from?
5. What would you be able to do with your time, money and energy if you weren't focusing on the problem?
6. What more loving/kind thoughts can you think that take your attention off of the problem?
7. When you free yourself from this problem and it is no longer an issue how will you feel?
8. Practice feeling this now; give yourself permission to feel how you want to feel.



SESSION 1:

DISAPPEAR YOUR FEAR

KILL COMPARISON

1. Where do you compare yourself to others, and how has this prevented you from feeling comfortable with yourself?
2. Is there one person or type of person you compare yourself to the most?
3. How does it make you feel?
4. What is it about them that makes you feel the way you do?
5. Energetic mirror: What qualities do they have that you want or have?

Me Matters Mantra:

Celebrate these within yourself and repeat the mantra, "I am thankful they are showing me what is possible."



SESSION 1:

DISAPPEAR YOUR FEAR

FEAR-TO-LOVE CHART

Use the left side to write out your current thoughts. And then write the opposite on the right.

My Fears/ Current Thoughts

The Truth/ Love Thoughts



SESSION 1:

DISAPPEAR YOUR FEAR

LETTER TO SELF.

Write a letter to the pain point, the area of yourself you would like to change.

Dear Troubled Area,

SESSION 2

*Find the Purpose
in Your Pain*



SESSION 2:

FIND THE PURPOSE IN YOUR PAIN

KNOW YOURSELF.

IDENTIFY HIDDEN MOTIVES KEEPING YOU STUCK

1. THE REBELLION SELF
2. THE REWARD SELF
3. THE PROTECTION SELF
4. THE LONELY SELF

The Rebellion Self

The rebellion self is the part of you that wants to lash out and rebel against things that you dislike. The rebellion self acts out because it needs to be heard. The rebellion self usually starts in childhood when our parents, teachers, or other adults who were trying to guide us told us what to do and what not to do. We all have a rebellious self, but some of us have more control over its overreactions than others. Think about your own life and where you tend to rebel. Do you overspend past your means as a way to prove that you have enough money for what you want, and money woes don't define you? Are you in a relationship with someone who is not the best fit because you want to rebel against societal norms or what your parents wish for you? Look at your own rebellious tendencies and see how your rebellious nature has been hindering your happiness.

The Reward Self

As humans we crave rewards. We all have a part of ourselves that needs rewards. When we are children we get rewarded for almost everything. For crawling, speaking, learning how to go to the bathroom, and then tying our shoes, getting good grades, etc. As we grow into adults, the rewards tend to lessen, and we sometimes act out by overeating, overspending, etc. We want to reward ourselves. We say things like "I've worked really hard for this, I deserve a little treat," and thus we lean into the reward system. It overcompensates for the insecurities we may feel. The fix is to focus on long-term rewards, which will make short-term fixes a thing of your past. What do you do to reward yourself? Getting honest about the reward system you use in your life will help you move forward.



SESSION 2:

FIND THE PURPOSE IN YOUR PAIN

KNOW YOURSELF.

IDENTIFY HIDDEN MOTIVES KEEPING YOU STUCK

The Protection Self

The next version of ourselves is the protection part of us. The one who was hurt in the past and wants protection now. The protection version of us keeps us playing small. This is the version that is wounded; maybe you had your heart broken, so you settle for less in relationships. Or maybe you were laid off from your last job, so you don't want to ask for a promotion because you want to stay safe in your current role. Protection doesn't have to be physical body weight—it can be habits, addictions, even people. We fall into specific things that we think will give us protection in order to feel safe. Ask yourself if you feel safe and protected. If you don't, you might be leaning into a protection mechanism to help you cope.

The Lonely Self

There is a hidden layer inside the self that is often masked by self-destructive actions. This version of ourselves craves comfort, touch, intimacy, and support. This is the lonely self, the part of us that needs contact to feel whole. For many, the lonely self is so painful they will do anything they can to avoid feeling lonely, even at risk to the self. This includes but is not limited to sleeping with inappropriate people, staying in relationships past their expiration date, overeating, using drugs, gambling, addictions, etc. Most of us are afraid to admit we are lonely. By recognizing your emotions, you can free yourself from the harmful aspects of the lonely self. Instead of running from the loneliness, feel it, embrace it, let it work through you. As you free the feelings you will settle into a more balanced way of life.

If you really want transformation, you have to look at your hidden agenda. We all have a reason for doing what we are doing, and when we get close to reaching our goal we may self-sabotage. This happens because we aren't clear about our hidden motives. Know yourself and your motives for true transformation. Which motive do you relate to most, and how has it hurt your ability to get what you want?



SESSION 2:

FIND THE PURPOSE IN YOUR PAIN

Love Seat

UNDERSTANDING SECURITY/ SUPPORT/ MOTIVES

1. What do I need that I am currently not getting?

2. Where do I feel unsupported?

3. Where do I feel under-appreciated and unseen?

4. Where am I over overcompensating?

Energetic mirror: How can I give myself what I need most?



SESSION 2:

FIND THE PURPOSE IN YOUR PAIN

BE WHO YOU NEEDED TO BE WHEN YOU WERE YOUNGER.

1. Whose love did I crave most growing up?
2. Who did I have to be for that person?
3. What do I blame that person for?
4. What gift did this person give me? Who have I become because of the situation?
5. How can I forgive this person and release the pain from the past?
6. Who do I need to be for younger me?

Bonus: Do the audio meditation (*Forgive Your Past- Resolve to Get Resolution.*)

This lesson is inspired by Tony Robbin's Date with Destiny teaching.



SESSION 2:

FIND THE PURPOSE IN YOUR PAIN

PRACTICE FORGIVENESS

Forgive Yourself

1. What am I angry at myself for?
2. What is the bigger picture of this situation? What did/can I learn?
3. How can I be more compassionate to myself?

Forgive Your Parents

1. What parent do I need to forgive?
2. What have they taught me by being the way they are? What gift have they given me?

Awesome Opportunity: Listen to the Resolve to Get Resolution Meditation

*“The more you
are learning
from a situation,
the more rapidly
you can leave it.”*

– Sanaya Roman



SESSION 3

Stand by You



SESSION 3:

STAND BY YOU

EXCUSES BE GONE

As far as reaching self-love, many people think they can't love themselves if they are single. We think we can't love ourselves if we are overweight or underweight. We can't truly accept ourselves until we consistently have more money in the bank. These are excuses. We have to identify them so we can see them for what they really are: fear. And anytime we have fear, it is just an invitation for more love.

EXCUSE 1: I can't love myself if I am overweight.

LOVE THOUGHT: Self-love is not about how I look but how I live.

EXCUSE 2: A man won't love me if I have crooked teeth.

LOVE THOUGHT: I am beautiful as I am, and there are many people who want to be with my genuine, authentic, gorgeous self.

Now write out your own.

EXCUSE 1:

LOVE THOUGHT:

EXCUSE 2:

LOVE THOUGHT:

EXCUSE 3:

LOVE THOUGHT:

EXCUSE 4:

LOVE THOUGHT:



SESSION 3:

STAND BY YOU

RISE ABOVE THE SUFFERING

Dear Suffering,

You can try to tear me down. You may try to take everything. Try if you will to break me down until there is nothing left, but I am stronger than you. I will rise. I am more courageous than my setbacks. Pain and suffering, you do not define me, nor do I need you in order to shine. You need me to validate your existence, but I don't need you. You are no longer welcome in my life.

It's time we part ways.

I let go of you.

I release you.

I am ready to thrive, free of worry, free of your pain.

I step fully into the light.

I release you, struggle.

I am free.

Have the courage to go deeper into your pain and struggles and release the burden of them. Can you dive deeper into your emotions and suffering? You may surprise yourself with the discovery that your suffering is no longer needed in your life. And you can release the pain for good.



SESSION 3:

STAND BY YOU

SURRENDER + ACCEPTANCE

We have to accept where we are in order to get to where we want to go.

1. What can I accept that I can't change (at this stage in my life)?

2. What am I unwilling to accept and want to change?

Bonus: Listen to the *Acceptance* audio meditation.



SESSION 3:

STAND BY YOU

LET IT GO

Let go of trying to get there.

Let go of the fear that you won't be accepted as you are.

Let go of the outcome.

Where have I been feeling off track?

What are the benefits of my current situation?

GRATITUDE THE ATTITUDE

List out all of the things you are grateful for and the areas of your life that are going well.

Celebrate the little victories

SESSION 4

Me Matters



SESSION 4:

ME MATTERS

RADICAL COURAGEOUS HONESTY

If you really want to change your life, you have to try something radically new.

Be honest with yourself:

What situation are you in that you can get out of?

Example "If you got yourself into this overweight body, you can get yourself out."

"I got into this debt; I can get myself out."

"I got into this troubled job; I can get myself out."

I GOT MYSELF INTO _____

I GOT MYSELF INTO _____

I GOT MYSELF INTO _____

I can get myself out.



SESSION 4:

ME MATTERS

DESIRE VS. WILLINGNESS

You have a desire, which is wonderful, but you also need the willingness to make a change. A desire, can inspire you, but willingness is action.

You may desire a soul mate, but being willing to open your heart to new love is an entirely different story.

You may desire to find your life purpose, but being willing to live without the comfort of a paycheck or a stale yet secure environment is a totally different notion.

We must be willing, and in this willingness the change can truly take place

What is my core desire?

How has my lack of willingness prevented me from acting on this desire?

What am I willing to do to move towards this desire?

*O God, give us the
serenity to accept
what cannot be
changed, the courage
to change what can
be changed, and the
wisdom to know the
difference.*

– *The serenity prayer of twelve-step programs*



SESSION 4:

ME MATTERS

THE MAGIC OF SELF-COMPASSION FORGIVENESS LETTER TO YOURSELF

Instead of blaming yourself, start to forgive and celebrate yourself.

*Dear me,
I am so sorry for treating you the way I have.
I am so sorry for...*



SESSION 4:

ME MATTERS

Love Seat

THE MAGIC OF SELF-TRUST

Removing guilt and shame from anything you do is important, and you can do this by allowing yourself to be who you really are.

*Our bodies have abundant wisdom to share with us.
Start to listen and trust yourself more.*

How in touch and in tune with my body am I?

How does my body feel right now?

What message does my body have for me?

What does my body need from me that I have been denying it?

What loving action can I take to nurture my body more?

Send your body love all the time.

*“Do the best
you can until
you know better.
Then when you
know better, do
better.”*

– Maya Angelou



SESSION 4:

ME MATTERS

THE MAGIC OF SELF-ACCEPTANCE

Our time is the most important form of currency we have. When you cherish yourself, you spend your time wisely.

What do I spend most of my time thinking about?

What is this pattern preventing me from really doing and thinking about?

What would I have to feel?

Allow yourself to feel this.



SESSION 4: ME MATTERS

FIVE PILLARS OF SELF-LOVE

1. THE MAGIC OF SELF-CARE

What healthy change can I make stick?

Where can I be more disciplined?

What message does my body have for me?

How can I show up for myself today?

2. THE MAGIC OF SELF-COMPASSION

What can't I change at this stage in my life and how can I accept it?

What qualities do I appreciate about myself?

What contributions do I make to loved ones and the community?



SESSION 4: ME MATTERS

5 PILLARS OF SELF-LOVE

3. THE MAGIC OF SELF-TRUST

What would I spend my time thinking about and doing if I weren't worrying?

What change do I need to make to feel more alive and connected to my best self?

How do I want to feel?

How does my inner guide communicate with me? (Visual, feeling, ideas, etc.)

What has my inner guide been trying to tell me?

4. THE MAGIC OF SELF-ACCEPTANCE

In what area of my life can I reveal more of who I am?

What are the qualities of my relationship with others and myself?

What do I like about myself?



SESSION 4:

ME MATTERS

5 PILLARS OF SELF-LOVE

5. THE MAGIC OF SELF-LOVE

What matters most to me?

Who do I want to be for those I love and care about?

How can I love myself more today?

RECOGNIZE YOUR INNER LOVE - YOUR TRUE SELF

**YOUR TRUE SELF, YOUR INNER BEING ONLY SEES YOU AS LOVE.
THIS ISN'T PART OF YOU - IT IS YOU.**

Step 1: GO TO THE MIRROR: Look yourself in the eye.

Step 2: ASK YOUR INNER BEING: To show you how she/he really see's yourself.



SESSION 4:

ME MATTERS

ME MATTERS LIST

CREATE YOUR OWN ME MATTERS LIST.

When do you feel like your best self?

What does your ideal day look like?

Create a list of the mandatory experiences you need to feel good and alive.

ME MATTERS SESSIONS

Schedule time each day to do at least 3 things on this list.




SESSION 4:

ME MATTERS

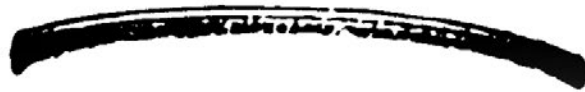
LETTER TO SELF.

Letter to future self or younger self.

Dear Younger Me,



I APPRECIATE
ALL THAT I AM
AND WHO I AM
BECOMING.



SESSION 5

Goal Digger



SESSION 5:

GOAL DIGGER

REWRITE YOUR STORY (NO MORE VICTIM)

1. Where have I felt trapped and stuck?
2. How can I look at the situation differently? What are my other choices?
3. What is the story I've been telling myself?
4. What is the story I want to tell?
5. Who do I want to be?
6. What can I do today to be that person?



SESSION 5:

GOAL DIGGER

CREATE YOUR IDEAL LIFE - THE MASTER PLAN

Your dreams are the invisible architecture of your life.

1. What have I always wanted to do but haven't given myself permission to do?

2. Why haven't I done it?

3. What would I need to do to prepare for this dream to be actualized?



SESSION 5:

GOAL DIGGER

GOAL DIGGER SESSION

Setting a vision and focusing on goals that support you allows you to create a roadmap to your ideal future. Jumping five to 10 years into the future inspires you to dream big because it removes the constraints of time, money, and knowledge. Creating goals from your vision allows you to make a plan for achieving your ideal life. Get ready to step into the world of possibility and to create your ideal awesome future! Go, you, go...

GO ON A FUTURE TRIP - LET'S GET COZY WITH YOUR FUTURE-SELF.

This is a simple yet powerful exercise to help you access your authentic truth. This will support you in clarifying what will be important to include in your vision and goals.

Listen to the Future field trip meditation, then fill this out.

FUTURE FIELD TRIP

- What are you doing?
- How do you feel?
- What does your life look like?
- What does it feel like to be you in your future?
- What message does your future self have for you?



SESSION 5:

GOAL DIGGER

SOME PROMPTS TO HELP YOU FIGURE OUT YOUR IDEAL LIFE:

1. If someone handed you an unlimited amount of money, what would you do with your day?
2. When are you the happiest? What are you doing, how do you feel?
3. If you had six months to live, what would you do?
4. Visit your future self in five years. What is she/he doing? Who are you with? How do you feel?
5. When do you feel the most uplifted and joyful?
6. What are you the best in the world at? What is effortless and fun for you to do, share, be? What is the sweet spot that gives you that uber rush?
7. If you were to die tonight, what would you regret not doing?
8. If you could be known for one thing, what would it be?
9. When you were a young child, what did you love to do?
10. When do you get that “there’s a lot more where that came from” feeling?
11. When do you lose all sense of time because you are so engrossed in the moment?



SESSION 5:

GOAL DIGGER

MY IDEAL LIFE:

Your goals and vision belong to you. You don't have to explain them or defend them to anyone. They are part of you and what you want to experience in life. Allow your heart to be your compass and dive in deeper with this ideal life exercise.

You'll know that you're heading in the right direction when you are excited and nervous reading it. Heck ya, let's do this!

Goal #1:

Goal #2

Goal #3



SESSION 5:

GOAL DIGGER

MY IDEAL LIFE:

1 year

5 year

10 year

NOW GO BE YOUR AWESOME SELF

The practice of setting your vision and goals is just that, a practice. You will find that your vision expands as you practice the art of letting go of excuses ("I don't have the money/time/knowledge") and get more connected to what you truly want in your heart of hearts. Your goals will become more courageous and scary/exciting. By simply focusing on what you want, you will be more aware of opportunities that help you achieve your goals.

NEXT STEP CHECKLIST:

- Write down your superstar goals.
- Vision board them for more impact.
- Print out your vision and goals and post that paper in a place where you can see them—this will increase your connection to them.
- Share your vision and goals with your friends and family. Ask them to support you.
- When making a decision, ask yourself if your choice leads you closer to or farther away from your vision.

Take a look at your one-year goals. This is where ALL the action happens. What could you do this week to move you closer to one of your goals?

Stay present to enjoying the journey along the way Have fun! Life is an adventure, and your goals are the roadmap to a fulfilling one.



SESSION 5:

GOAL DIGGER

VISION BOARD YOUR LIFE

Put your creative chops in action: If you are feeling inspired and love to draw, use this space to sketch out images, words, and ideas that represent your ideal future. Have fun. If you don't draw, select pictures online and paste them below.

It is okay to be at a place of struggle. Struggle is just another word for growth. Even the most evolved beings find themselves in a place of struggle now and then. In fact, struggle is a sure sign to them they are expanding; it is their indication of real and important progress. The only one who doesn't struggle is the one who doesn't grow. So if you are struggling right now, see it as a terrific sign—celebrate your struggle.

— Neale Donald Walsch

SESSION 6

Self-Love

PRINCIPLES

Self-Love

PRINCIPLES

1. Accept Where You Are—It's Just a Point on Your Journey and Everything About It Offers the Possibility for Further Growth.
2. Be Who You Needed to Be When You Were Younger.
3. Thinking You Don't Have a Choice Is a Choice.
4. To Get What You Want, You Have to Let Go of What You Don't Want.
5. Strive Every Day to Be a Better Version of You.
6. How You Feel Is More Important Than How You Look.
7. Things Don't Happen to You, They Happen for You.
8. When You Nurture the Inside, the Outside Will Flourish.
9. The More You Show, the More Your Life Will Flow.
10. You Get What You Focus On.
11. Your Dreams Are the Invisible Architecture of Your Life. Trust Them. Honor Them.
12. Your Relationship with Yourself Sets the Tone for Everything in Your Life.
13. When You Heal Yourself, You Help to Heal the World.
14. You Are a Gift. Remind Yourself How Lucky You Are to Be Alive.
15. Self-Love Is Not About How You Look or What You Do, It's About How You Live.



SESSION 6:

THE SELF-LOVE PRINCIPLES

1. What can I accept and let be?
2. What does my inner child need?
3. What new choice can I make?
4. What are you willing to let go of?
5. How can I show up more for myself?
6. How do you want to feel?
7. What good is coming out of the current situations that are troubling me?
8. How can I nurture myself more?



SESSION 6:

THE SELF-LOVE PRINCIPLES

9. In what area of my life can I reveal more of who I really am?

10. What am I focused on? What do I want?

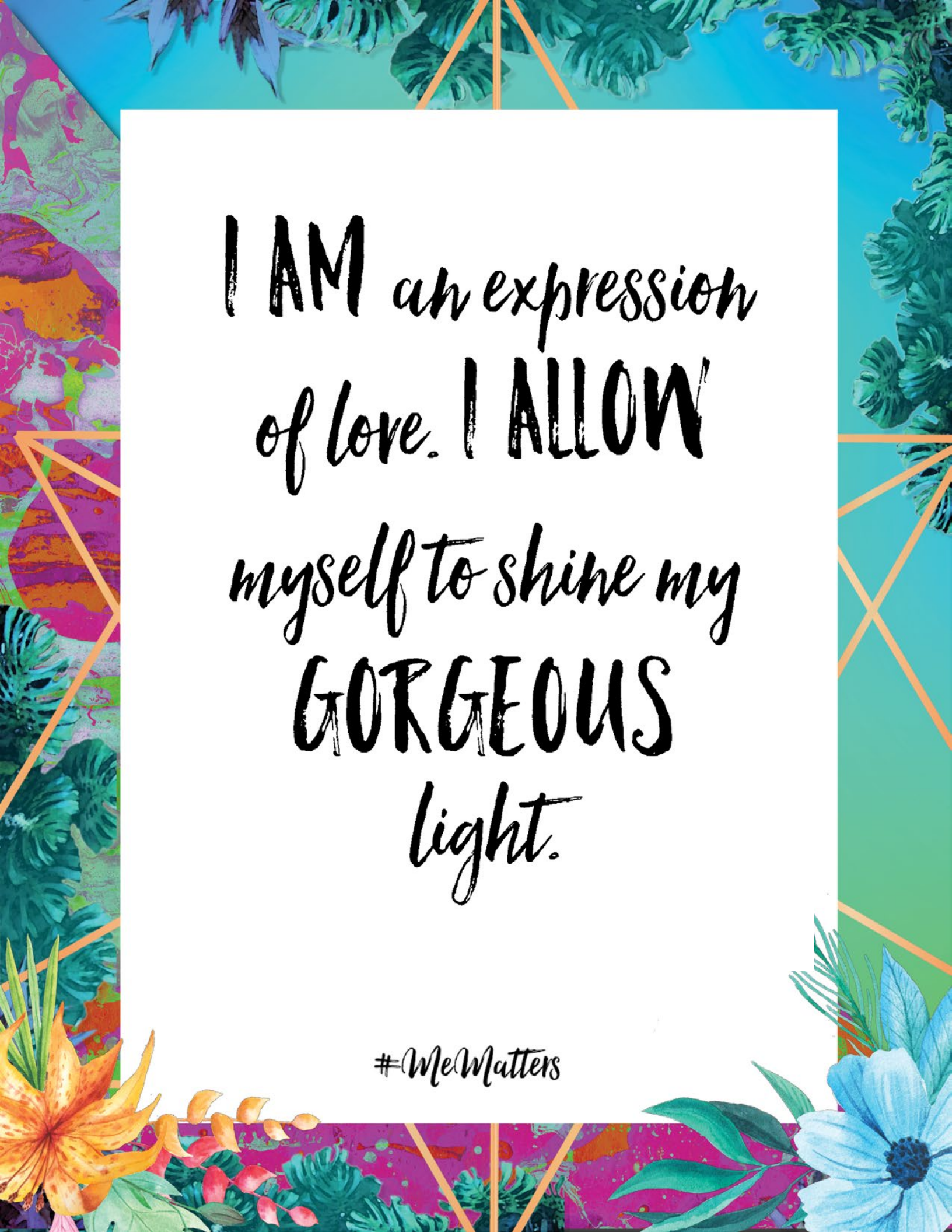
11. What thoughts do I have that are holding me back, and how can I turn them into love?

12. How can I treat myself even better?

13. What pain needs to be healed?

14. What am I grateful for?

My love for self is not conditional on anything outside of myself. I am enough and worthy as I am.



I AM an expression
of love. I ALLOW
myself to shine my
GORGEOUS
light.

#MeMatters

Finding self-love is about releasing and letting go of all the barriers, the beliefs, the habits, and the insecurities blocking you, and when you peel back the layers, much like an onion, you find your truth, you find love, you find you. It has always been, and is, and always will be, about the “true” you, the return to you.

Welcome home.

It's all perfect as it is

Dear Self,

I promise to love you for all that you are, as you are.

I will always adore and honor your true needs.

I trust you and know that you always have my best interest at heart.

I am committed to self-care and showing up fully.

I will be patient and trust that the timing is always right and everything is in divine order. I will choose hope and stay optimistic because I believe in our potential. I don't have to force anything, or work so hard to figure things out, or change what is; you are enough as you are, and I love you for all that you have been, all that you are, and all that you are becoming.

I love you.

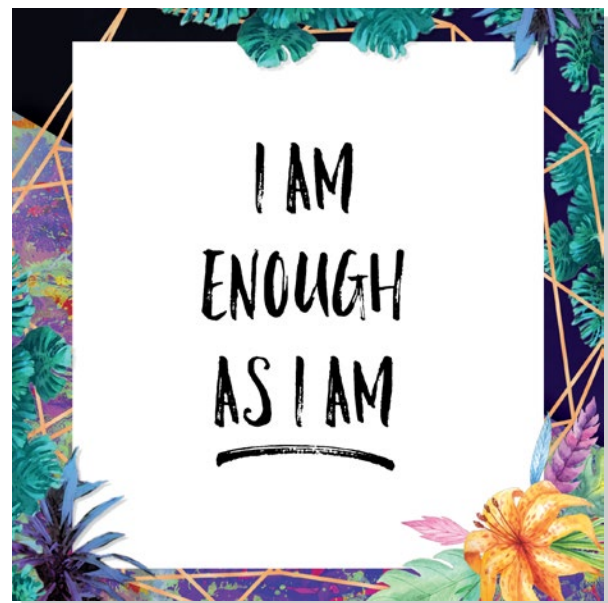
Love, Me



SELF-LOVE POWER MANTRAS

Self-Love

POWER MANTRAS



WHEN I LOVE
MYSELF
it's easier to see
imbalances
in my life.

I AM an expression
of love. I ALLOW
myself to shine my
GORGEOUS
light.

I STAND
BY ME.

The only thing
I need to change
is the thought
that I have
to change.



My authenticity
is what
makes me
beautiful.

I AM AT PEACE
IN MY BODY.
ALL IS WELL.

Self-Love

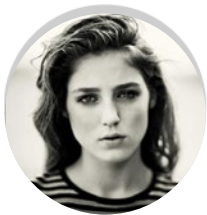
SOUNDTRACK

Music can heal and uplift the soul. There are many songs I turned to on my self-love journey. These tracks helped me find comfort, joy and peace. They can heal and help at any stage of your own self-love journey.

You can click for the iTunes playlist or you can search Shannon Kaiser in Spotify and find The Self-Love Experiment Soundtrack in my feed, or see each track below:



Alicia Keys
Girl On Fire



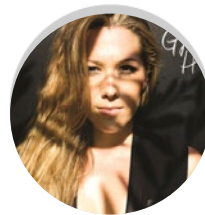
Birdy
Skinny Love



Britt Nicole
Better



Christina Aguilera
I Am



Colbie Caillat
Try



Emmy Rossum
Slow Me Down



Ingrid Michaelson
Light Me Up



Joy Williams
Don't Let Me Down



Katy Perry
Firework



Kygo
Firestone (feat.
Conrad Sewell)



Matt Nathanson
Giants



Matthew West
Day One



Meghan Trainor
I Won't Let You
Down



Natasha
Bedingfield
Weightless



Rachel Platten
Stand By You



Télépopmusik
Breathe



Island Dance Vol 2
Show Me Love
(feat. Kimberly
Anne)

<https://itunes.apple.com/us/playlist/the-self-love-experiment-soudtrack/idpl.c939b521f83546069d63109d6e7fee0d>

About the Book

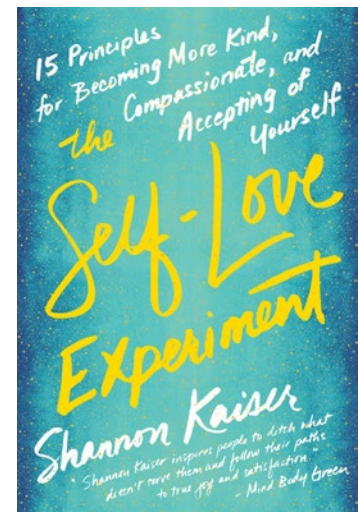
THE SELF-LOVE EXPERIMENT

In our constant quest to be happier, skinnier, smarter, and more wealthy – outward expressions of achievement in our society – we're living our daily lives based on some notion that we aren't enough as we are. The fact is that many of us just don't like ourselves all that much: 90% of women reportedly hate their bodies, twice as many American women than men are on antidepressants, and studies estimate 10 million women and girls suffer from eating disorders. We focus too much on our presumed flaws, going out of our way to sabotage ourselves in myriad ways – picking the wrong partner, overeating, overspending, or overworking.

International empowerment coach Shannon Kaiser was one such woman. Struggling with eating disorders, drug-addictions, corporate burnout, and depression, self-criticism formed the backbone of Shannon's relationship with herself. In her new release, *THE SELF-LOVE EXPERIMENT: Fifteen Principles for Becoming More Kind, Compassionate, and Accepting of Yourself*, Kaiser shares the personal challenge she designed to explore the self-harming beliefs that were holding her back, and learn how to take action, lighten up, and increase her self-confidence, self-acceptance, and accountability. Having successfully turned her life around for the better, Kaiser knows personal development is not a one-size-fits-all journey. A compassionate guide, *The Self-Love Experiment* instead provides the tools to help readers make the most out of life, such as:

- How to unlearn all the things we are conditioned to believe about ourselves, and retrain our brains to focus on self-love as opposed to self-condemnation
- How to identify our own value system and align it with our own path
- How to develop and follow a Me Matters list of the mandatory things we need to pursue for our ideal day
- How to appreciate where you've been, who you are becoming, and what you have to offer

*“Part memoir, part psychological study, part inspirational personal development guide, *The Self-Love Experiment* invites readers to dedicate themselves to self-care, self-compassion, and self-acceptance, as they learn to become their own best friend.”*



About the Retreat Leader

SHANNON KAISER

Shannon Kaiser has been named "Top 100 Women to Watch in Wellness" by the Mind Body Green, and "a thought leader on the rise" by Café Truth. She appears regularly as a happiness expert on AM Northwest and Huff Post Live. Shannon is the best-selling author of *Adventures for Your Soul*, and *Find your Happy*. Shannon's the founder of Playwiththeworld.com, named "Top 75 Personal Development Websites," and "Top 100 Self Help Blogs" by the Institute for the Psychology of Eating.

She's an author, international entrepreneur/life coach, travel writer, teacher, and inspirational speaker who left her job in advertising several years ago to follow her heart and become a writer.

Her work has been recognized in media outlets across the globe such as HuffPost Live, Health Magazine, Australian Vogue, Women's Health, Spirituality & Health and Entrepreneur magazine. Everything Shannon does is to help you connect to your true self and unapologetically live your most authentic purpose.

For coaching and speaking, and to learn more about Shannon's empowering work visit: PlayWithTheWorld.com, [Facebook](#), [Instagram](#), and [Twitter](#)



We Are Clouds

What do you mean by the word “I”. I, myself, your personality, you ego, what is it? Well first of all, it’s your image of yourself. It’s compressed of what people have said you are, how people have reacted to you. But it’s an image an idea. Because if you see yourself in the correct way you are as much an extraordinary phenomena of nature. There is nothing wrong with you at all. You have to regard yourself as a cloud. Because you see, clouds never make mistakes. Did you ever see a cloud that was misshapen? Did you ever see a badly designed wave?

No they don’t exist. They always do the right thing.

So now as a matter a fact, so do we. Because we are natural beings just like clouds or waves. But we are complicated beings that cause us to doubt ourselves. But we are all natural beings. And through that realization you will come to the point where you begin to be on good terms with your own being and you will be able to trust your own brain and body. You will begin to trust yourself and with trust comes love.

– Alan Watts

Excerpted from Portland TEDx 2016 video #weareclouds

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