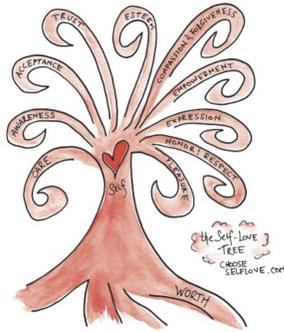


# The 10 Branches of Self-Love & The Self-Love Tree

## Identify where you need to strengthen your self-love

Developed by the Path of Self Love School  
from the best-selling book, *Madly in Love with ME*



There are 11 specific types of self-love that are both related and distinct. We call these “the 10 branches of self-love” and the roots of self-worth, which together make up the self-love tree.

Just like a tree, you want all the branches and the roots to be strong so the entire tree is healthy and strong. Most people have a few weak branches and a few strong branches. Where are you strong and weak in self-love?

**Self-awareness and honesty** is a deep understanding of who you are and who you are not, with an unwavering commitment to truth about how your actions, thoughts and choices affect your reality and the people and the world around you.

**Self-acceptance** is the choice to actively like who you are, without exception, judgment or wishing you could be someone other than you. In fact, truth be told, you adore and appreciate who you are and would not trade places with anyone else for the world (at least for a few moments!) You consistently acknowledge yourself for all the ways in which you are imperfectly, perfectly you.

**Self-care** is choosing to make sure that you get what you need on all levels – physically, spiritually, emotionally, and mentally – every day.

**Self-compassion & self-forgiveness** is choosing to open your heart and be a loving witness to yourself, without judgment, by sending yourself waves of kindness, understanding, and forgiveness that touch, heal and transform your imperfections, weaknesses, vulnerabilities, and humanness through the presence of your unconditional love.

**Self-trust** is choosing to listen to and follow the guidance of your inner voice, believing you know what is right for you, even when other people think or say otherwise.

**Self-esteem** is a strong belief and regard for yourself. A strong confidence in your ability to do and be anything.

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**Self-empowerment** is choosing to take charge of and responsibility for your life by acting to create the life you really desire, without apology.

**Self-expression** is the choice to let the world see you, fully, truthfully, and without apology or holding back. Full, free expression of your heart and soul.

**Self-respect & self-honor** is the unwavering commitment to making only choices that respect and honor the sacred soul that you are.

**Self-pleasure** is choosing to consistently create, receive and experience joy, ensuring that your soul is fully fed and nourished.

**Self-worth** is choosing to value yourself from the inside out without regard to external standards or opinions and as such create your life from the knowing that you are enough just as you are right now.

## The Self-Love Tree

