



DAY 5

Self Love Challenge

There's nobody more important in this world than you!

WWW.ISRA.CO.IN



05 *Connect with your body*

One important way to take care of yourself is, to nourish your body and feed it healthy food. It is about treating your body with utmost respect and love, no matter what.

Saying “thank you” to our body is one of the most important things we can do, especially when we want to create a life of self-love and wellness.

Our body is perfect for this lifetime and it's time to acknowledge how wonderful it has been and continues to be. So are you ready for this challenge?

- a) Set aside at least 10 minutes where you can write without being interrupted.
- b) Close your eyes and take a deep breath
- c) Bring your attention to your magnificent body which is has served you so well for the past so many years, and write down 8 things you love about your body on the next page.
- d) Be specific. The more specific you can be about what you like about your body, the more impactful this exercise will be.



05 *Connect with your body*

Instructions

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2. Close your eyes and take a deep breath
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4. Be specific. The more specific you can be about what you like about your body, the more impactful this exercise will be.

Connecting with your body

Write down 8 things that you love about your body

Example:.

I love my gorgeous hair. I love the strength, the density, the curls and the length of it. it makes feel beautiful.

I love my super-duper taste buds that give me a passion for food, eating & cooking.

I love my beautiful brain. The source of my passions, my emotions, my laughter, my creativity, my memories.

1

2

3

Connecting with your body

Write down 8 things that you love about your body

4

5

6

7

8

Remember: Listen to the powerful **'Loving Your Body' Visualisation**, before you sleep tonight. Remember to plug in your earphones, and listen to it when you are interrupted. Close your eyes and allow the words to sink into your cells.

Heal Your Life Workshops

This is your unique opportunity to become an **Internationally Licensed Heal Your Life Trainer** and learn from the experts!

This 7 day residential certification will give you the full manual, tools and the practice to lead intensely powerful transformation workshops, which have impacted millions of lives across the world. Based on the powerful philosophy of Louise Hay, these workshops are currently conducted in 72 countries!

Residential Course (20-27 July 2025)

Know More: <https://www.isra.co.in/heal-your-life-workshop-leader/>

INTERNATIONAL CERTIFICATION



www.isra.co.in

ISRA as a company, owes its inception to two young entrepreneurs who share a passion for creating mentally and emotionally healthy communities globally, and a burning desire to facilitate positive transformations.

At ISRA, our purpose is to offer highly relevant and great quality content, based on principles of behavioural science, in a format that is richly experiential.

All our programs, digital and in-person, are designed to initiate a powerful shift in the way we think and behave. It is essentially about encouraging people to operate from a deep sense of purpose, relatedness, meaning & fulfilment.

SNEHA & SHASHANK

