

*Radiant Life*TM
Self-Love Template



 Holly Doherty
*Rediscover Radiance*TM
Reveal Your Brilliance Reclaim Your Worth

A Formula to End Negative Self-Talk

Radiant Life™ Self-Love Template

Hey, Beautiful!

I'm Holly Doherty, author, speaker, mentor, and Sculptor of Self-Worth™ at Rediscover Radiance, LLC. My mission is to help women discover, love, and live their true, Radiant Self™, so they have the confidence to impact the world they way they're meant to. I help them make peace with their past and rediscover their Selves, their voice, and their power.

All too often, smart, competent women – women just like you – sabotage their success and their happiness with self-doubt and self-hate. Much of that self-hate comes from experiences in your past that haunt you and keep you a prisoner to doubt, fear, and shame. These experiences alter the way you see yourself and cause you to believe a lie – that you're not worthy, not good enough.

Some women that I've coached even feel *guilty* for loving themselves. They confuse self-love with selfishness or arrogance. But no one ever hated themselves into pursuing their purpose.

Why So Many Women Hate Themselves

I can't tell you the number of amazing women who confess their two biggest secrets to me. They say, "I hate myself," and "I don't know who I am anymore."

There are lots of reasons this happens. Society, for one, is an expert at telling us that we're not enough. Read any magazines lately? The entire publication, from the articles to the ads, is designed to prey on our insecurities so we'll buy their crap to feel better about ourselves. Only that never works, does it? We end up feeling just as bad about ourselves after we buy the "miracle cure." Or we feel even *worse*, because we failed when it was "supposed" to be such an easy, quick fix.

Experiences in our past also shape the way we see ourselves. I call these experiences Spiritual Identity Thieves™. They can be trauma, abusive relationships, the expectations of other people – any experience that causes you to feel inadequate, unworthy, or like it's not OK (or not safe) to be yourself. Financial identity theft ruins your net worth. Spiritual identity theft destroys your self-worth.

Radiant Life™ Self-Love Template

If the Identity Theft happened all at once, it would be easier to spot. Like the thief who empties your bank account overnight, you'd notice that right away. Instead, it happens more slowly, over a long period of time. The identity thieves are insidious, sneaky and relentless. They steal a little bit of your identity here, hide it under lies and mistruths there. Like the thief who makes a small fraudulent charge on your credit card every month: if you're too busy, if you don't look closely, you may not notice it. But over a lifetime, it's common to wake up one morning and realize that you lost much of your identity without even realizing it.

You've forgotten what makes you amazing. All you see is the lies. Negative self-talk becomes a way of life. Maybe it's so habitual, you don't even realize you're doing it.

But you're amazing, and you deserve to see yourself as the masterpiece that you are.

When I work more closely with clients, one of the first things we do is bring awareness to the Spiritual Identity Thieves™ that have shaped their view of themselves. By acknowledging the lies, women can then begin the journey of healing and learning to love themselves again.

You Deserve the Gift of Self-Love

Once you recognize the hurts of your past, you can make a conscious decision to let them go – if you have the right tools to help you with that process. Tools like this Radiant Life™ Self-Love Template. I designed this template to give you a simple and effective way to replace your negative self-talk with loving truth.

Because it isn't selfish to love yourself. It's essential. You can't fully love others until you truly love yourself. And you can't expect other people to give you what you can't give yourself.

You deserve the gift of unconditional love. You deserve unconditional acceptance. You give it to others. You have permission to give it to yourself.

I encourage you to display this template in a prominent place like the bathroom mirror, the office, or the closet door. Somewhere you'll see it throughout the day. Read it over and over again – preferably out loud. Over time, you find that your answers change. That's fine. Simply

Radiant Life™ Self-Love Template

print another copy and redo it. You have permission to print out as many copies of this template as you need for your own personal use.

You are Worthy by Design™. You were created a masterpiece, on purpose and with a purpose. My intention for you is that you find peace, healing, and freedom through the process of self-love so you have the confidence to impact the world the way you're meant to.

Here's to your most Radiant Life™!

Much love,

Holly Doherty

Find out more at www.RediscoverRadiance.com

Join my private Facebook group, [Worthy By Design™](#) – a place of self-discovery, self-acceptance, and mutual support to help you be your most authentic, Radiant Self™. You are worthy by design. You deserve the confidence to step into your purpose and impact the world the way you were meant to. To let your light shine and be YOU, through and through. Let's end the self-hate. End the self-sabotage. Say "Yes" to a fabulous life of purpose, fulfillment, and Radiant Living.



An Important Note

The Radiant Life™ Forgiveness Template is one process I teach in my signature Self-Worth Solution™ Program that helps women stop sabotaging themselves with self-hate and self-doubt, so they can live the Radiant Life™ they were created for. If you're committed to uncovering the heart and soul of who *you* are, turning the pains of your past into power and having the confidence to make a big impact on the world, [click here to schedule a time to chat](#). I'd love to help you determine if this program is a fit for you.



Radiant Life™ Self-Love Template

I feel great about myself when I _____

I love my body because it _____

My best physical feature is my _____

My biggest accomplishment is _____

I'm most proud of _____

I'm a good friend because _____

I'm a good parent because _____

I'm qualified in my business/profession because _____

I lovingly accept these weaknesses, and give myself permission to be imperfect: _____

I'm capable of leading/teaching others because _____

I forgive myself for _____

I forgive others for _____

I am strong because _____

I am brave because _____

I am worthy because _____

Radiant Life™ Forgiveness Template

Need help to break free from your past and live your most Radiant Life™?

If you're tired of being paralyzed by your past and are ready to end the self-sabotage and self-hate that keeps you from having the impact you were created for, I encourage you to apply for a complimentary Rediscover Radiance™ Discovery Session.

During this session, we'll discuss how you're sabotaging your success and your happiness, and how I might be able to support you in your journey to discover, love, and live your authentic, Radiant Self™.

These sessions are limited, so please apply ONLY if you're serious about investing in solutions and committed to uncovering the heart and soul of who *you* are, turning the pains of your past into power and having the confidence to make a big impact on the world.

(Discovery Session Value - \$297)

[CLICK HERE to apply for your Discovery Session!](#)

Go ahead. You're worth it!

