



Piece With Peace.♥

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**Self – Love & Self – Acceptance**  
**July 28<sup>th</sup>, 2021**

# Agenda:

What is Piece with Peace?

What is Self – Love?

What is Self – Acceptance?

(get paper & something to write with)



# LET'S GET TO KNOW EACH OTHER:

My name is \_\_\_\_\_.

I look forward to \_\_\_\_\_ every day.

\_\_\_\_\_ makes me angry.

\_\_\_\_\_ is my fav. snack.

I am not your average person because...



# TREE - MENDOUS - YOU



**Roots:** Who/What are your Core Values, Safety, Security, Supported

**Leaves on Tree:** Parts of life you enjoy/that are growing

**Fallen Leaves:** Part of your life that need to be let go

**Branches:** Feelings you have had in last week

# Story of Piece with Peace

- The Story
  - My Struggles
  - Support Group
  - Piece with Peace
- Social Media
  - Facebook
  - Instagram
  - Podcast (Spotify, etc.)
- Events
  - Scale-bashing



# The Story Continues

- Ambassadors, Website, Dance Classes and more...



# What is Self – Love?



# What is Self – Love?

“regard for one’s own happiness or advantage”

- What do you need to be the best you?
- Learning to love and accept yourself is a multi-layered experience that CAN NOT be fixed by just saying, “I am beautiful” or bubble baths
  - systematically a battle, society makes this uncool to do, oppression, trauma, generational trauma, etc...





# What makes you feel loved?

- Draw a heart
- Write actions, people or things inside of the heart that make you feel loved
- Take 2 minutes to complete this exercise
- Share what you wrote



# What makes you feel loved?

- Couldn't think of anything? OPPORTUNITY AWAITS
  - What do you want to try?
    - What seems cool to you?
  - Who inspires you?
    - No one around you? Meet people!
      - Bumble, Facebook Groups, Explore around your town...



# How do you *want* to treat someone you love?

- Do you make fun of their insecurities?
- Do you tell them they can't achieve their dreams?
- Do you want them to worry about things they cannot control?
- Do you want them to be happy in their own skin?
- Do you want them to feel safe and comfortable?
- Do you want them to ignore their problems?



**YOU ARE WORTH LOVE!  
YOU ARE UNDUPLICATABLE!  
YOU ARE VALUABLE!  
THERE IS NO ONE ELSE IN THE WORLD LIKE  
YOU!**



# What is Self – Acceptance?



# What is Self – Acceptance?

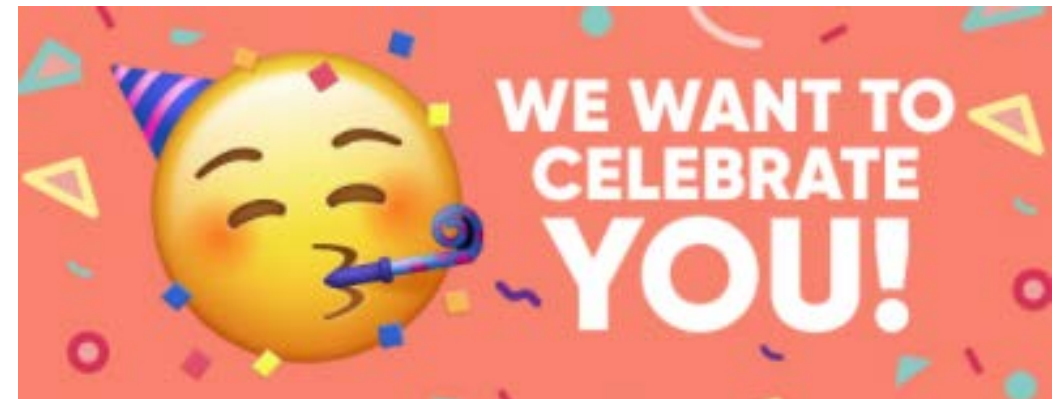
“Involves self-awareness of weakness and strengths, feelings of satisfaction with one’s self”

- Life is difficult & amazing
- You are not suppose to be perfect
- It is, what it is
- “I am not where I want to be, YET”
- My best looks different daily
- Bad day, not a bad life



# What are you doing RIGHT?

- Write a list of what you did right – no matter how big or small!
  - Brushed your teeth, showed up to the presentation, remembered to pick your kid up from daycare...
- Take 2 minutes to complete this exercise
- Share what you wrote
- Celebrate what others say!



# Affirmations:

What are affirmations? Fostering a self-empowering belief

**LET'S MAKE AN AFFIRMATION TOGETHER!!!!!!**

- What do you need to hear today?
- What would you have liked your best friend to say to you yesterday?
- What do you want your child to believe about themselves?





# RECAP:

- You deserve Self – Love & Self – Acceptance
- Repeat any of the activities at anytime
  - Check-in, what makes you feel loved, celebrate you...
- Follow Piece with Peace
  - Facebook group, podcasts...



# QUESTIONS?

<https://www.facebook.com/groups/piecewithpeace>

