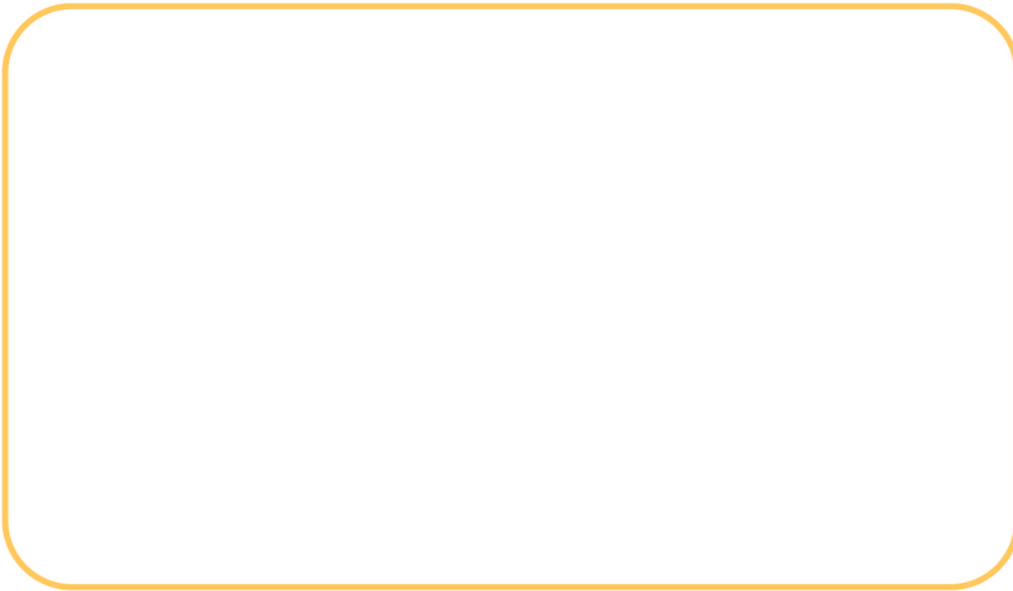


The background of the entire page is a deep blue night sky filled with stars and a faint, glowing band of the Milky Way galaxy. In the upper right corner, a large, detailed full moon is visible, showing its craters and surface texture. A bright green curved shape, resembling a stylized 'C' or a tribal motif, frames the left side of the image. A semi-transparent green rectangular box is positioned in the upper right, overlapping the moon and the sky.

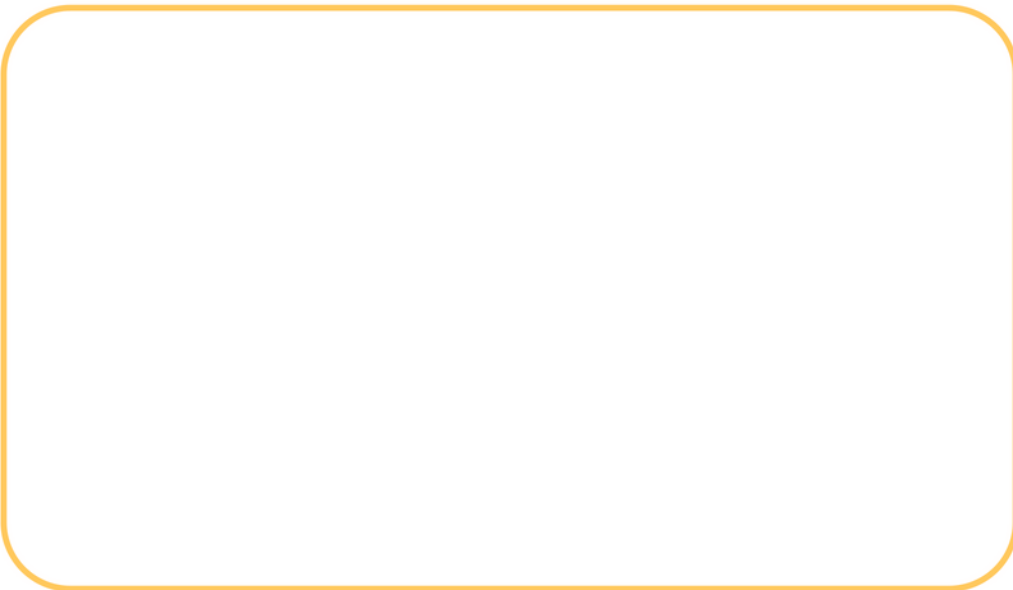
LOVE YOURSELF WILD

What needs unknotting?

What have you been told about
self love?



What have you been told about yourself?

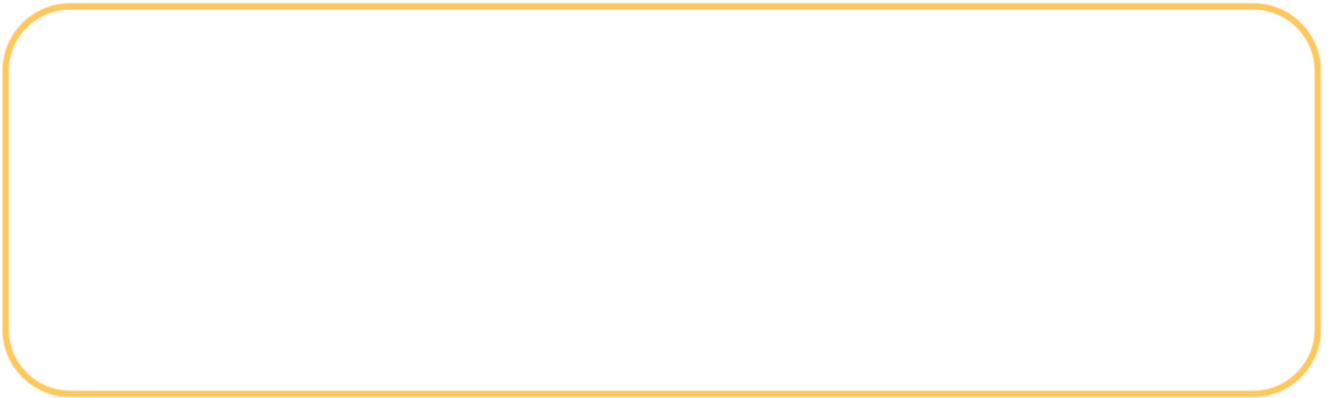


How do you love on others?

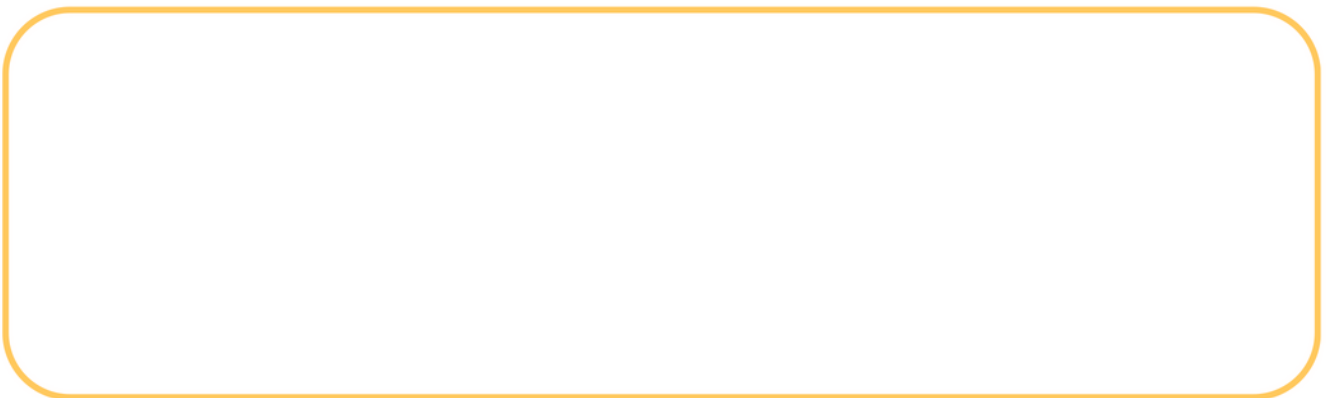
What are your love languages?



What actions do you take?



What words do you use?

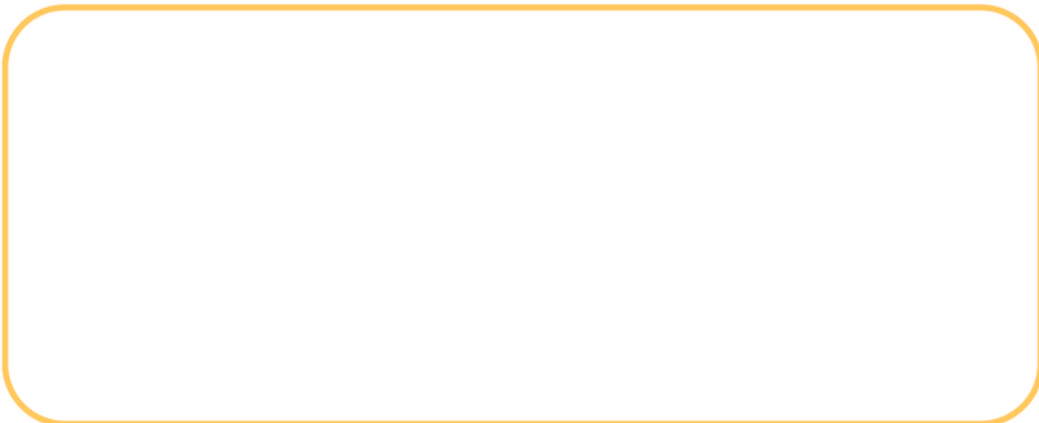


How can you express that to self?

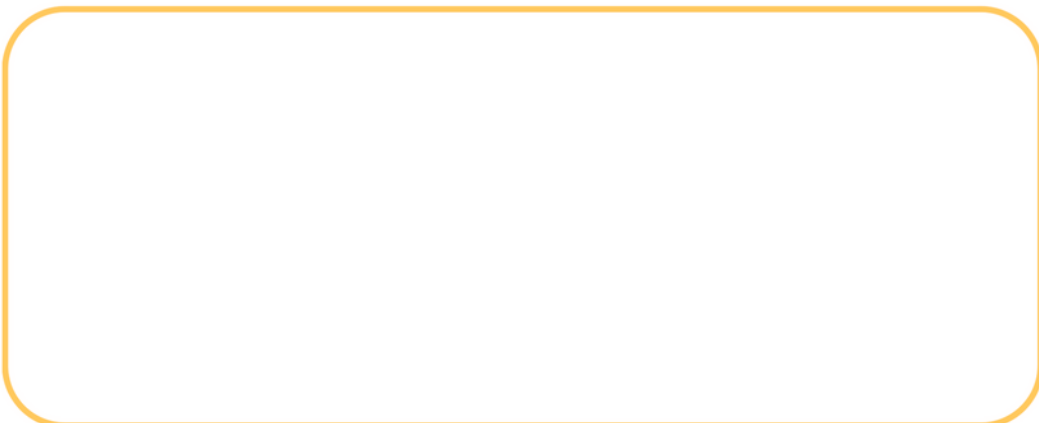
What little things make a big difference ?



What actions can you take?



What words can you use?





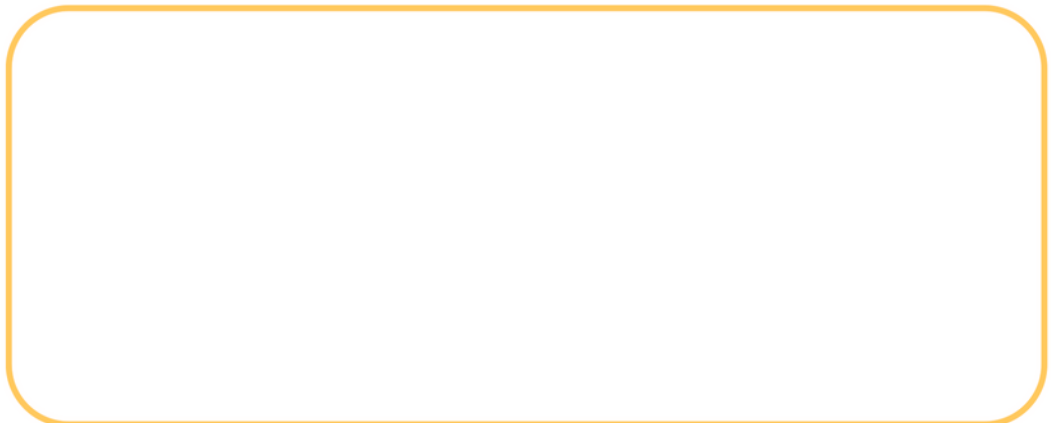
What is loveable about you?



How can you remind yourself?



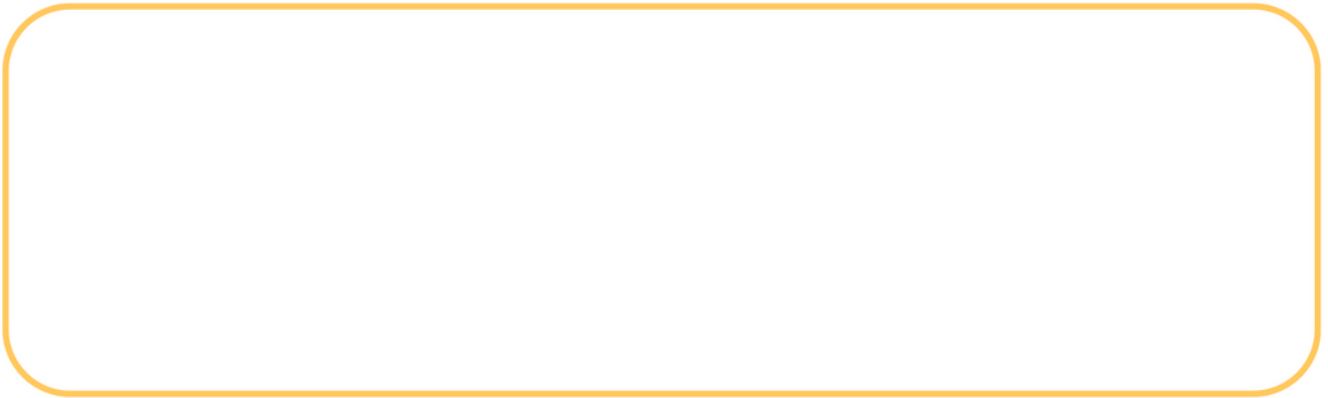
**How can you feel held when you don't
feel it?**



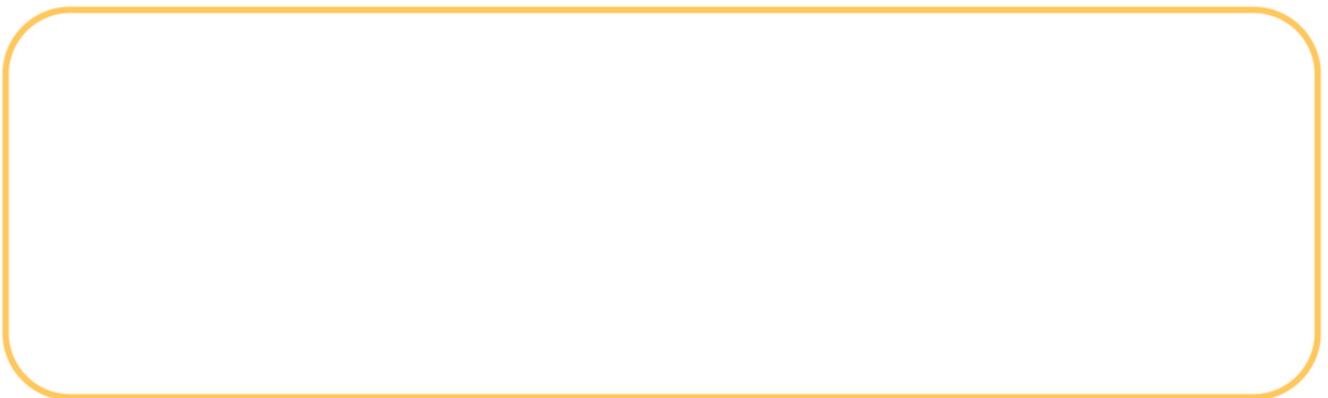
Actions for the week

A large, empty rounded rectangular box with a thin orange border, intended for writing down actions for the week.

Learning from your ancestors and allies

A large, empty rounded rectangular box with a thin orange border, intended for writing down lessons learned from ancestors and allies.

Learning from your actions

A large, empty rounded rectangular box with a thin orange border, intended for writing down lessons learned from one's own actions.

The background of the entire image is a cosmic scene featuring a deep blue space filled with numerous stars and a prominent, glowing band of the Milky Way galaxy. In the upper right corner, a large, detailed moon is partially visible, showing its craters and illuminated side. A solid green rectangular panel is centered in the upper half of the image, serving as a backdrop for the main text.

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