

Empowerment & Evolution



E - The final letter of S.E.L.F. L.O.V.E.

S.E.L.F. L.O.V.E. Transformational Project

About This Session

The final "E" in S.E.L.F. L.O.V.E. This is your graduation session: a celebration of who you have become and a clear-eyed look at the life that is now available to you. You are not the same person who walked in on Session 0.

E - Empowerment and Evolution

You did not begin this journey because something was wrong with you. You began it because something in you knew you were ready for more. And you were right.

My 5 to Thrive

Identify the 5 core pillars of your ongoing wellbeing: the practices, people, or principles you will always return to.

My Evolution Letter

Begin: "Dear [your name], I want to tell you about the person who arrived on Session 0, and the person leaving today..." Write from your heart.

My Celebration Ritual

How will you mark the completion of this journey? Name something meaningful, visible, and entirely yours.

The Next Chapter: What Am I Ready For Now?

What have you become ready for that you were not ready for at Session 0? Be bold.

My Graduation Commitment

Complete this: "I, [name], commit to continuing to choose myself, in my thoughts, my choices, my relationships, and my life. I commit to..."

Signature

Date

Reflection Questions

1. What is the single most important thing you have learned about yourself on this journey?

2. Who showed up in your life differently when you began showing up differently for yourself?

3. What will you tell someone who asks what this course was about? What changed?

4. Looking at the person you were on Session 0, what do you most want them to know?

My Notes
