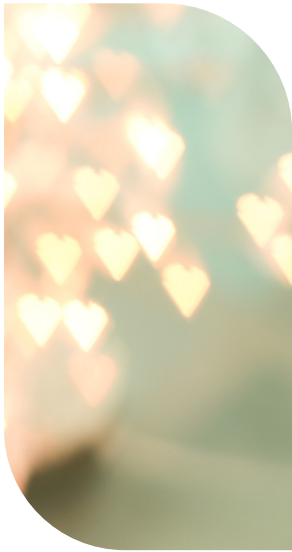


Creating A Menu for Self-Love

from Christine Rapp, PHD



Practicing self-love can be simple, especially when you already have ideas ready for how to care for yourself in the moments you need it most.

This little guide is my gift of love to you — a gentle guide to make the practice of self-care a little easier. Think of it as inspiration for the days when you forget what you need. The only thing left to do is carve out the time — even a few minutes — to choose one or more of these loving activities from the Self-Love Menu you create here for yourself.

Sending you many blessings,
Christine

The pages that follow re-interpret the *Seven Love Languages* of Self-Love, an expansion of Gary Chapman's original idea. These seven types -Activity, Appreciation, Emotional, Generous, Intellectual, Physical, and Practical - offer unique ways to nourish yourself.

You may resonate most with one or two, or find that all of them hold something valuable for you.

I invite you to explore them with curiosity, playfulness, and compassion.



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For each of Gary Chapman's seven **Love Types**, I'll guide you through what they focus on and how they can offer new ways **to show yourself love**.

As you move through each section, take a few moments to answer the prompts and list the activities that feel nourishing for you.

By the end, you'll have created your own Self-Love Menu - a beautiful collection of activities and rituals that remind you how to care for yourself with presence, kindness, and joy.



Activity

This love type is about **joy, play, and presence.**

It invites you to reconnect with the things that make you come alive - the activities that help you return to yourself and remember what feels good in your soul.

Take a moment to reflect:

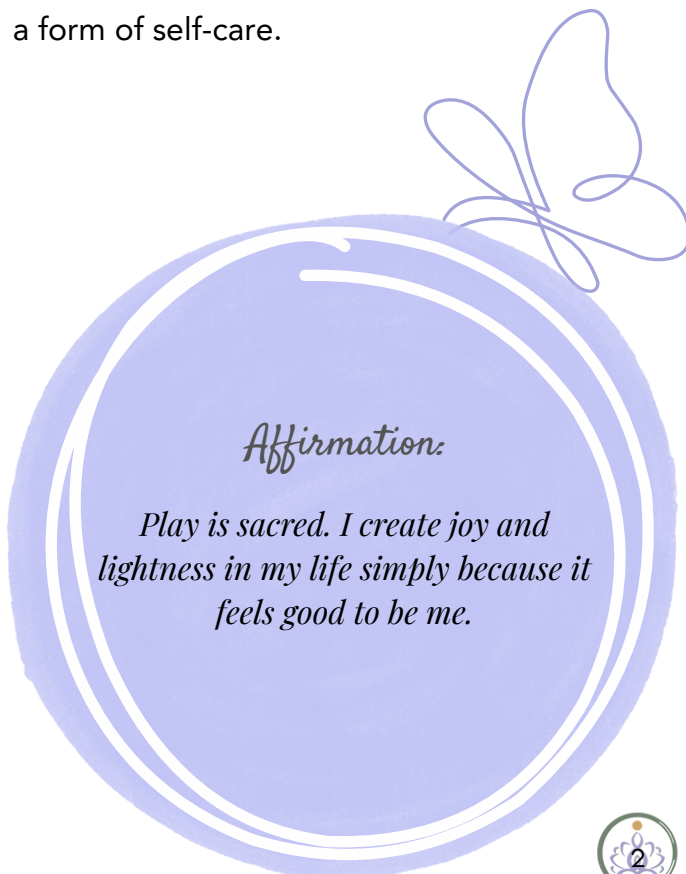
- What did you love doing as a child?
- Which activities bring you peace, laughter, or creative flow now?
- What helps you feel most connected to yourself - not to others' expectations, but to your own joy?



🌟 Hint: If you love cooking for your family, could you cook something special just for you - as an act of love and nourishment?

- Now write down the activities that bring you joy and lightness — the ones that feel true for who you are today.

Let this be your personal **Activity Menu** - a reminder that play is sacred and joy itself is a form of self-care.



Affirmation:

*Play is sacred. I create joy and
lightness in my life simply because it
feels good to be me.*



My Activity Menu

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Appreciation

This love type is about **gratitude and recognition**.

It's learning to see your own light - to notice your efforts, celebrate your growth, and offer yourself the same kindness you so easily extend to others.

Reflect for a moment:

- How do you usually show appreciation to others?
- What gestures make you feel truly seen and valued?
- How might you offer those same gestures to yourself?

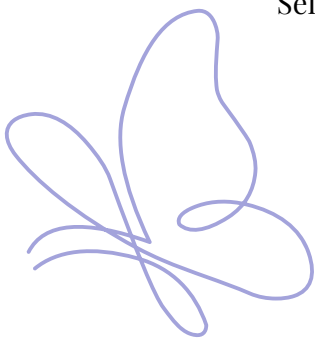


♥ You might write a love note to your future self, list three things you're proud of today, or simply say to yourself, "I see you, and I love you."

Self-Love Appreciation reminds you that your efforts matter.

Give yourself credit. Celebrate the small wins.

You are worthy of your own gratitude.



Affirmation:

*I honor myself for how far I've come
and how beautifully I'm growing.*

My Appreciation Menu





Emotion

This type of love is about **understanding and compassion**.

It asks you to honor your feelings, create space for your emotions, and nurture yourself with the same tenderness you would offer someone you care deeply about.

Take a moment to reflect:

- How do you support others when they're going through something difficult?
- What helps you feel emotionally safe and understood?
- When you're hurting or uncertain, what soothes you most gently?



🌟 Sometimes the best emotional care is presence — resting your hand over your heart, breathing deeply, and saying, "It's okay to feel this."

Emotional self-love is about allowing your feelings to be seen and heard without judgment.

You don't need to fix them — only to meet them with kindness.



Affirmation:

*My feelings are sacred messengers
guiding me back to myself.*

My Emotional Menu



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Generosity

This type of love is about **giving and receiving** - not only with others, but **with yourself**.

It invites you to notice how freely you offer your time, energy, and care to others, and to extend that same generosity inward.

Reflect for a moment:

- How do you usually express generosity - through time, attention, or thoughtful gestures?
- When was the last time you gave to yourself with that same open heart?
- What might it look like to offer your own energy the same care you offer those you love?



🌟 Think beyond material gifts. Generosity can be as simple as giving yourself an afternoon of rest, permission to say no, or space to dream without expectation.

Generosity reminds you that your needs are as sacred as anyone else's.

When you give to yourself, you replenish the well from which your love for others flows.



My Generosity Menu

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♡ Intellectual

This type of love is about **curiosity and inspiration**.

It nourishes your mind and keeps your spirit engaged through learning, creativity, and fresh perspectives.

Reflect for a moment:

- What kinds of ideas light you up?
- How do you enjoy learning - by reading, listening, observing, or doing?
- Which subjects or topics make you feel expanded, curious, or alive?



🌟 Feed your mind with what feels meaningful - a new book, a deep conversation, a documentary, or quiet time to journal and reflect. Learning is another way of loving yourself.

Intellectual self-love is about giving your mind room to explore without pressure or perfection.

When you follow your curiosity, you open pathways to inspiration and deeper connection with your soul.



Affirmation:

*I nourish my mind with what
inspires and uplifts my spirit.*

My Intellectual Menu

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Physical

This type of love is about **connection with your body**.

It invites you to listen to its needs - for rest, movement, nourishment, and touch - and to honor it as the sacred vessel of your soul.

Reflect for a moment:

- What helps your body feel cared for, comfortable, or relaxed?
- How do you soothe your physical self when you're tired or anxious?
- What forms of movement or stillness bring you joy?



☀ Think of your body as your closest companion - stretch, dance, walk in nature, or simply breathe with awareness. Let each action be an expression of love and gratitude for all your body carries you through.

Physical self-love is not about perfection; it's about presence.

Your body is not separate from your spirit - it's where your light lives.



Affirmation:

*I honor my body as the sacred home
of my soul.*

My Physical Menu

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♡ Practical

This type of love is about supporting yourself through **daily care and structure**.

It reminds you that tending to the details of life - your schedule, home, routines, and responsibilities - can be a loving act when done with intention.

Reflect for a moment:

- What tasks or habits make life feel smoother or more peaceful?
- Where could a little planning, simplification, or organization bring you ease?
- How can you create systems that help you care for yourself better?



🌟 Practical love might mean paying bills on time, preparing nourishing meals, cleaning your space, asking for help, or removing something from your to-do list that no longer serves you.

Practical self-love is about creating a foundation that supports your wellbeing.

Every small act of care - even checking something off your list - can be an offering of love to yourself.



Affirmation:

I create systems and routines that honor my peace and support my joy.

My Practical Menu

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Bringing It All Together

You've just created your own Menu for Self-Love - a collection of ideas and practices to help you care for yourself in every season of life.

Each type of love offers a doorway into your wholeness: ways to honor your mind, body, emotions, and spirit with compassion and joy.

Take a moment now to reflect on what stood out to you.
Which types of love feel the most natural for you to express?
Which ones might need a little more nurturing or attention?
What surprised you as you moved through this exploration?



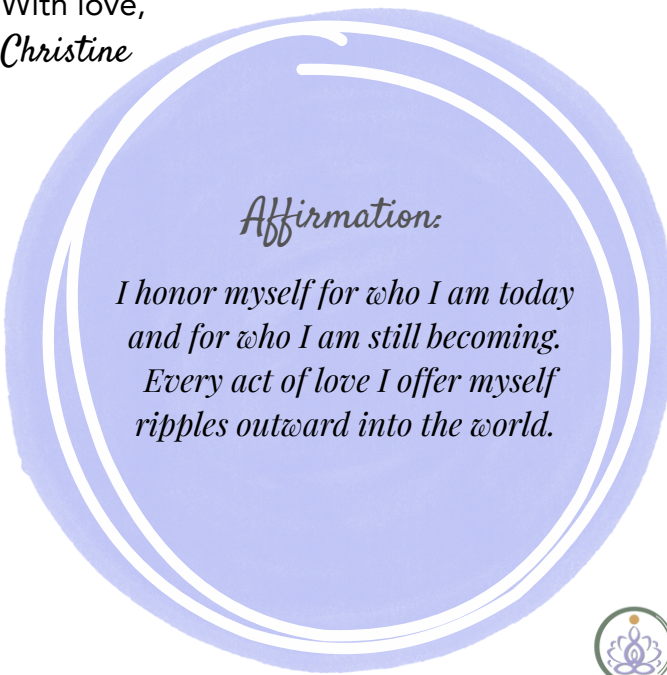
🌟 There's no "perfect" balance of self-love. Let this menu evolve with you. What nourishes you today may shift tomorrow - and that's part of your growth.

As you move forward, choose one or two small ways to practice self-love each day or pull out this *Self-Love Menu* you've created when you feel you need some extra self-care.

Let them become quiet rituals that remind you: you are worthy of care, tenderness, and celebration simply because you exist.

Quiet the noise, reconnect with your inner knowing, and let your soul guide you home.

With love,
Christine



Affirmation:

*I honor myself for who I am today
and for who I am still becoming.
Every act of love I offer myself
ripples outward into the world.*



A Little About Me



I'm a spiritual facilitator, astrologer, and intuitive guide devoted to helping others reconnect with their soul's wisdom and live with authenticity and ease. Through my *Dharma Circle* on my website, teachings and readings on my YouTube Channel - *finding dharma with Christine*, and community offerings on my Patreon page, I create sacred spaces where you can explore your inner world, remember your light, and create a deeper relationship with yourself and your soul.

My approach weaves mindfulness, astrology, and soul-centered reflection into accessible tools for self-discovery and empowerment to live the life you were meant to live. Whether through writing, teaching, or mentoring, my intention is always to help you feel more empowered, inspired, and aligned with your true self.

Christine



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