

Preview of:

Love Notes to Self

Open in case of Forgetting

by
Elizabeth Crooks

Dedication
For You
Yes, you!
You are loved, remember that.

From the Author

I am on a journey of discovering self-worth and self-love, and as I remember my inherent worthiness and abundance of love I wish to share what I've learned with you. It is quite different to experience life with a true sense of deserving and a willingness to succeed, and for living your life the way you want instead of believing others' stories about how you should live. I've re-discovered the joy of living my own journey after spending decades living other people's dreams. I want others to experience this freedom to be their true selves as well and to love the life they are living. We all need a reminder about how awesome we are sometimes. Loving ourselves is our best gift we can give the world by showing everyone how to do it.

Why does this book exist?

After nine and a half years in a relationship, I realized that my boyfriend was never going to be the romantic, love-note kind of guy, and I needed to stop waiting for him to read my mind. I also started reading a lot of personal growth books on “giving yourself what you're missing” and wanted to test this out in my own life. I was missing the intimacy and connection of little love notes in my life and so I decided to write everything I've ever wanted to hear on little cards and put them in a fancy wooden box with the words “Open in case of Forgetting” on the lid. These notes reminded me to change my thoughts about myself, take better care of myself, and to love myself more and more each day.

And that is where this book comes in! This practice worked for me and I want to share with you all the notes of self-love, praise, and unconditional encouragement that assisted me in the moments I forgot that I was the source of my own love and empowerment. It feels great to be loved, and we can give ourselves that love through little reminders and the actions we take every day to show it.

If there is one major thing I've learned on my journey of self-love, it's that you already *are* what you think is missing in your life. If you feel like you need love, love yourself first. If you feel like you need peace and understanding, give yourself the compassion you deserve. If you've been craving intimacy and connection then you can even give that to yourself. You are more powerful than you think you are and you can give yourself the love you know you deserve. I gave myself what I thought was missing with these little love-notes-to-self that changed my life, and I want to share these notes with you.

A Poem For You

Truth Stone

I received a gift today;
A gift of words, of sway.
But was it true?
Would it stay?
I didn't know, so I threw it away.
And yet the gift came back,
Words still, calm, and without lack.
I went inside, listened close
And found my answer in a whisper,
A voice not one to boast.
The answer near,
The answer dear.
I knew it was mine,
I could feel its Truth for I had no fear.
A lump in my throat, heavy,
A new weight upon my chest, steady.
Did I breathe, no, I sighed
Relief as the weight lifted, aside
This is what I had been waiting for,
A gift of words, worth the wait
For now I soar
Now I stay

To My Body:

Please forgive me for all the years I have not fully recognized
your worth and beauty

Please forgive me for not being fully mindful of the ways you
serve me each day

Please forgive me for the ways I have failed to properly care
for and protect you

Please forgive me for the thoughts and negative words I
have spoken about you

Please forgive me for holding you to impossible standards
and expectations

Please forgive me for not seeing you are my dearest friend



Be Unapologetically You Today
Speak your Truth
No excuses
Celebrate who You are
You do not have to prove Anything to Anyone

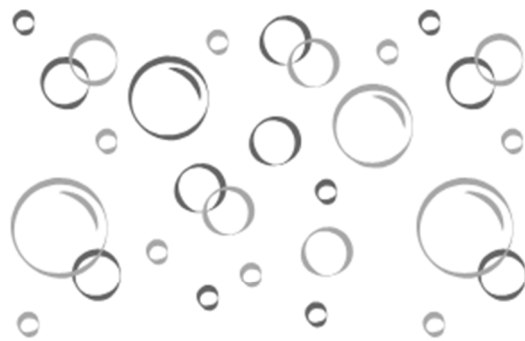


I will do whatever it takes to love myself
I take 100% responsibility for my life





You are pretty amazing you know
Expect people to love and adore you
Because I love and adore you



Hey Love,
Remember to Breathe



How to be Happy and Successful in Life:

1. Love Yourself
2. Go back to Step One until you feel it
3. When you feel it keep going back to Step One
4. Don't forget about Step One
5. If you forget, go back to Step One

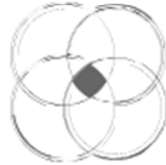
A Poem For You

I Love You More

Moonbeams and Rainbow Kisses
Infinite mistletoe embraces at Christmas
Let's see how sappy I can make this poem
I know! I love you more than yellow snow...
Oh wait, that is not the right direction
Let me see here...
I meant to say I love you more than your imperfections
Oh shoot, I shouldn't focus on that
Let me see here...
Oh! I really like it when you wear that cute little panda hat
They say that pandas are actually pretty vicious...
Oh no, that's not right...
I meant to say that I think you're rather delicious
Oh boy, that was a bit forward here
Forgive me my Love, I am no Shakespeare
Let me try this one more time...
Oh this is good, I love you more than just sometime
And more than a cup of hot cocoa in wintertime
Okay those weren't any good, so let's go back to rainbows
I know! I love you more than cows playing in tornadoes
Oh man, I am really terrible at this...
Remember that sweet little rainbow kiss?
Ugh, I'll probably just buy you flowers
My Love, there is no need to glower...
Really, there is no need for pepper spray,
Oh jeez, just believe me when I say...
I just love you more
And I also really adore
You



Have the courage to say 'Yes' to your dreams
Believe in your dream
You are worthy to receive everything you ask for



The Haves and Have-Nots

I have money
I have the time
I have love
I have success
I have faith
I have peace

Have not fear
Have not worry
Have not doubt
Have not shame
Have not guilt
Have not regret



Force yourself to be MORE of yourself
You are worth exploring everything life has to offer
You are worth discovering all you can be



Have I told you that I love you yet today?

Well I do
I really do Love You

And don't worry
I'll keep on reminding you...

I love you





Watch Out World, Here I Come!

I will not let go of the chance to be
who I am meant to be

I will not let go of my dreams so
that you will not feel less than me

I will not settle for a mediocre life
or mediocre relationship

I am ready to explore everything
life has to offer



Be an example
Light up your world
Be happy
Show others how it's done



Guess What Time It Is?
That's right, it's Me-Time!
Clock Out and Go Do Your 'Me' Thing



Food for Thought:

What if your life ended right now?

1. What did you love about your life?
2. What do you regret about your life?
3. If you were given one more chance, what would you do differently?

THANKYOU

Thank you for being you
Thank you for reminding me what true love feels like
Thank you for loving me
Thank you for letting me love you too



I love how genuine you are.
It's scary to be vulnerable, but it is also very freeing.
You inspire me.



You are a Queen
You are a King

- *Wear your Crown High and Proud
- *Only you can take your crown off your head
- *Do not change yourself for others
- *Instead, remind them to wear their own crown high and proud
- *Everyone can Be their royal selves, Together





I love how you live your life to the fullest
I want to be more like you



You are so freakin' Creative

I love the way you think like nobody else

I love what you bring to the world

You are unique

I love you for being You

Shine, baby, Shine!



FIVE WORDS TO DESCRIBE YOU

MAGNIFICENT



MAGNANIMOUS



MYSTERIOUS



MAGICAL



MEMORABLE



Write a Letter to Yourself
about How Awesome You Are

Then Read that Letter to
Yourself Every Day until You
Believe It





FIVE WORDS TO DESCRIBE YOU

BEAUTIFUL



BRAVE



BELOVED



BLESSED



BRAINY





Illuminate!

*Let your Light Shine as
Bright as can Be*





Needy is as Needy does

Are your Needs being met?

Needs and Wants are two different things.

Needs are non-negotiable.

Wants are nice to have.

What do you Need that you feel you are not getting?

Give yourself that Need today.

No delay.

You deserve to have your Needs met.

Little Love Poem

This is a little love poem
I adore you
I love you
I seem to be terrible at poetry
But you get the point
But in case you missed it
I adore you
I love you
Now the poem ends

(all the good things you want and deserve)



Warning: Upper Limit Reached!

Ways we Upper Limit Ourselves:

1. Criticism of self and others
2. Blame
3. Shame
4. Arguing with self and others
5. Making ourselves sick
6. Breaches in our integrity
7. Hiding our feelings
8. Withholding communication
9. Deflecting the positive
10. Worrying about things that will never happen

So, how are you blocking all the good things that want to come
into your life?

Are you allowing yourself to feel good?

Are you allowing yourself to feel worthy?

You are more than enough, and when you realize this, you will
be unstoppable.



Time to Rejuvenate!

Spa time, bath time, shower time,
tabletop fountain time, water-fall
time, river time, ocean time,
dancing in the rain time...anything
with water time.

Water cleanses the soul, so have
a divine experience with water
today.



Allow Yourself to Dream Again

We are not Promised Tomorrow...
so Stop Living like You Are

Make Your Dreams a Reality,
Now

About the Author

Elizabeth Crooks is a writer, author, and artist who shares her knowledge of consciousness and the human experience, emphasizing the art of mindfulness and living from the heart. She holds a

Bachelors of Metaphysical Sciences degree (B.Msc.) from the University of Metaphysical Sciences, and is a certified Reiki Master with years of energy work experience. When she is not sharing her knowledge through writings and art, she spends her time reading, traveling, walking in nature and doodling in love. She is a published author on several personal growth books, as well as many conscious coloring books for both adults and children.

For more information and other projects by Elizabeth, please visit:

www.elizabeth-crooks.com

You can buy the full version of “Love Notes to Self: Open in Case of Forgetting” on Amazon

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