

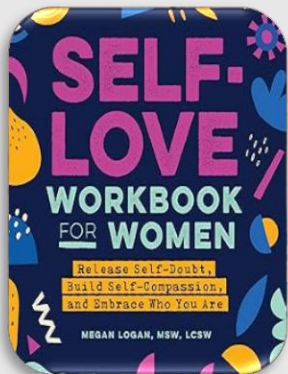
COFRIENDS: LIVING YOUR BEST LIFE

SUPPORT FOR WOMEN SEEKING MORE
SELF-LOVE

SATURDAYS, 6 – 7:30 p.m.

ZOOM: ID: 655-031-2820 Passcode: yu1f9f

Book of the Month:



COFRIENDS



NON-DENOMINATIONAL GUIDANCE FOR
WOMEN ELEVATING THEIR LIVES THROUGH
THE JOURNEY OF LIFE CHANGES

ASSIGNMENTS DUE 8/23

COFRIENDS



NON-DENOMINATIONAL GUIDANCE FOR
WOMEN ELEVATING THEIR LIVES THROUGH
THE JOURNEY OF LIFE CHANGES

SATURDAY, 8/23/25

6 – 7:30 p.m.

ZOOM: ID: 655-031-2820

Passcode: yu1f9f

Daily Guided Meditation/Hypnotherapy (8/16 – 9/16)

8 Hour Sleep Meditation

https://youtu.be/BpeVS8BEPZ0?si=gET0xOTQjlr_P9sj

<https://yoda.be/BpeV0SDEI-Z6:SI-qETXOT&jm=189>

Daily Gentle Yoga Stretches

Yoga for Chair Yoga for Improved Mobility (AM)

<https://youtu.be/yUnZzpX2KMw?si=2JISdELhY4d5rwQR>

Gentle Yoga (PM)

https://youtu.be/G8BsLPE1m4?si=NAoVJT_WBASYF7xb

<https://you.diaso.co.uk/enr/submit-review-feedback>

Therapy/Guidance Check-In/Review

With Much Love, From Your Friend, Divorce – A New Friend

BOM Part One, Chapter 2, Lessons 3-4 Review

VISION BOARDING ACTIVITY

Identify Music/Songs that Reminds You to Love Yourself More

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## Today's Meditation Music Link

## 528 Hz Heart Chakra Regeneration | Repair/Heal Heart Chakra

<https://youtu.be/74uQghVd9Mo?si=j0JpFVEm6WQHFN7q>

# RELEASING SURVIVAL MODE

~\*~\*~\*~\*~\*~\*~\*~\*~\*~\*

## GUIDED MEDITATION & GENTLE YOGA STRETCHES

Marisa Peer &



*New Insights into Self?*

*Emotional/Mental Health  
Successes*

*Areas of Concern?*

CHECK-IN



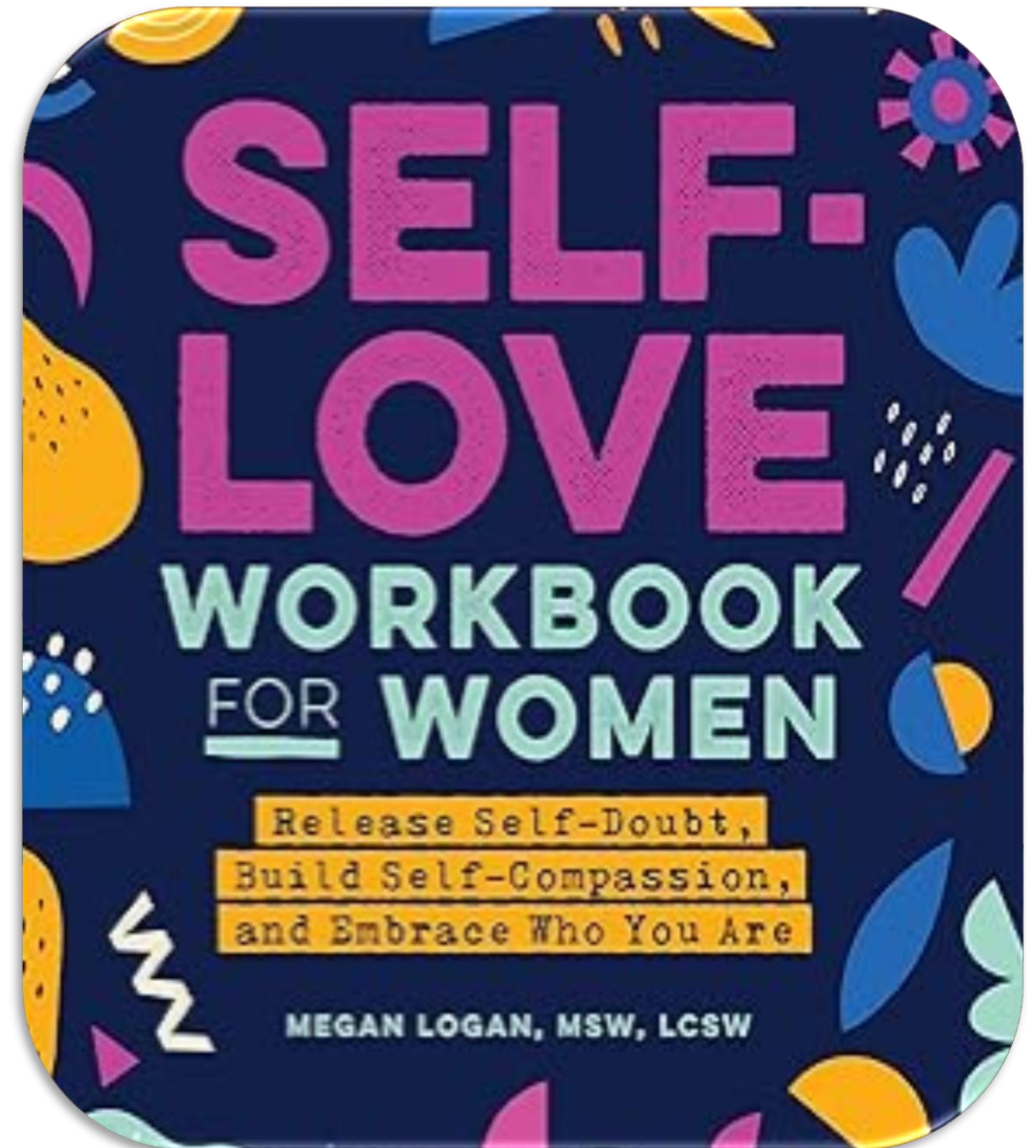


# SELF-LOVE WORKBOOK FOR WOMEN

Part TWO, Chapters 3-4

“Start Where You Are”

“Find Self-Compassion”



# WHAT IS SELF-LOVE?

By Megan Logan

- “...fuel that allows an individual to reach their fullest potential.”
- [Journey] “filled with compassion, grace and gentleness.”
- [A way to] “embrace our lives completely and wholeheartedly.”
- “...learning to extend kindness toward ourselves, even when we struggle and suffer.”
- “...extending forgiveness to ourselves when we make mistakes.”
- “..prioritizing ourselves and giving ourselves permission to find and believe in our strengths and gifts.”
- “...putting ourselves first.”

# WHAT SELF- LOVE ISN'T

- “...NOT perfection nor ...always being happy.”
- “...NOT based on achievements and external measurements of success.”
- “...NOT rooted in shame-based criticism or fear.”
- “...does NOT shame, lie, minimize, or criticize.”
- “...NOT fault finding and beating self up.”

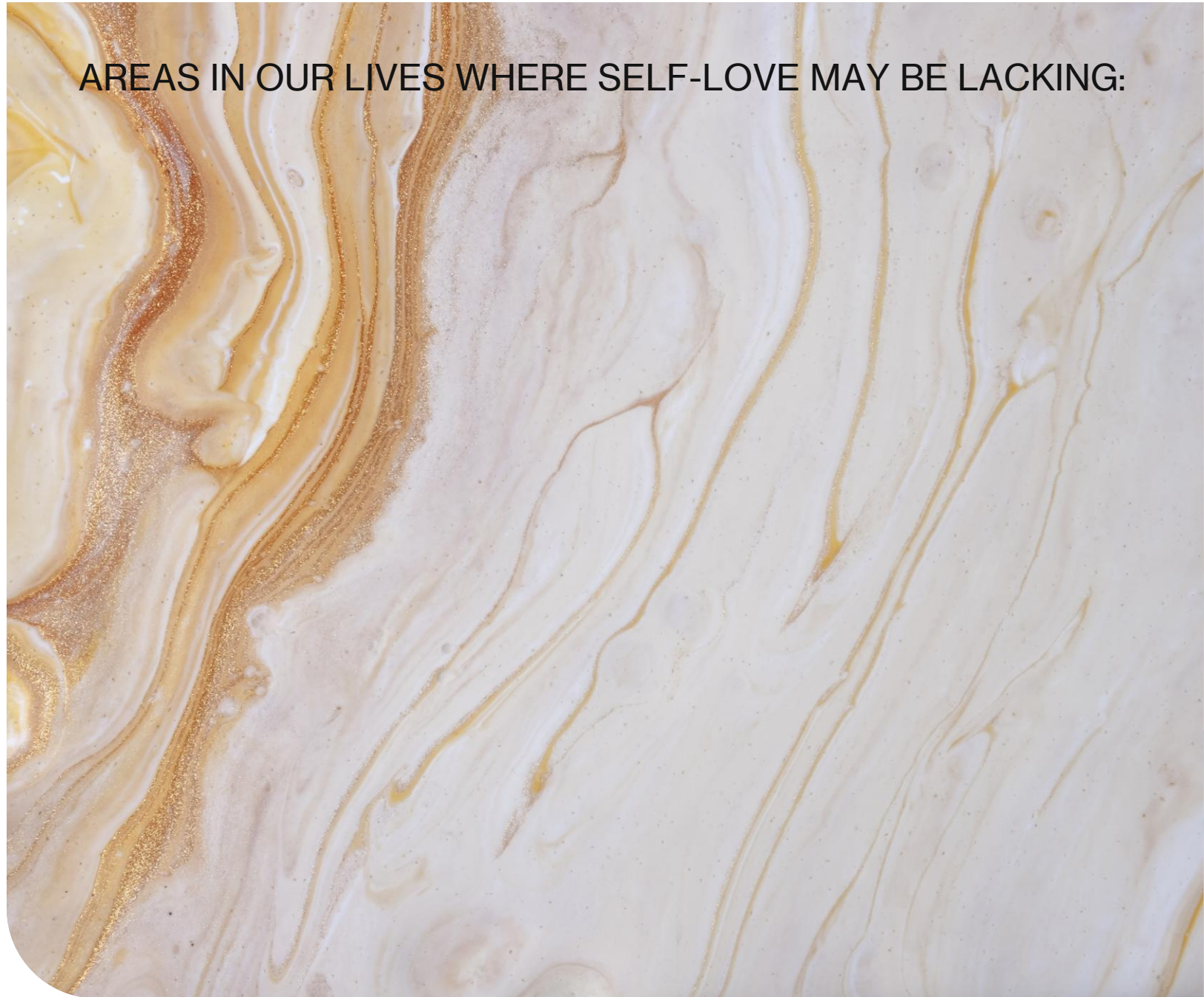




# WHERE DOES LACK OF SELF LOVE SHOW UP FOR YOU?

*Take 10 Minutes & Think About  
the Areas where Self Love is  
Lacking in Your Life.*

AREAS IN OUR LIVES WHERE SELF-LOVE MAY BE LACKING:





# RECONNEX FOR 8/23

- Keep solidifying your reasons for leaving/ending your role in unhealthy relationships (Visit <https://osairo.wixsite.com/wtofarm>)
- Finish Reading/Completing Part 2 Love Yourself More, Ch. 3-4 in *Self Love Workbook for Women* by Megan Logan.
- Music to Heal Your Heart: Find music selections that you enjoy that help you feel alive, calm your nerves or just feel loved. (Add List to Left Side – Titled: My Journey to Love Myself)
- No Exercises yet for Right Side of Vision Board: Visions of My Future Self & Life



# AUGUST, 2025

## MEMBERSHIP DONATION



### **Monthly Donation on 1<sup>st</sup> of Month**

Zelle – [singalong2016@gmail.com](mailto:singalong2016@gmail.com)

CashApp - \$Free2Bees

#### **INCLUDES:**

- Saturday Support Group Mtgs – 90 min
- One-to One Support/Strategic Planning Meeting  
Once a Month – 45 min.