

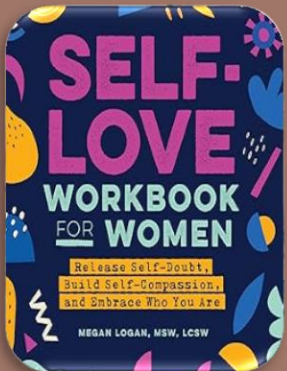
COFRIENDS: LIVING YOUR BEST LIFE

SUPPORT FOR WOMEN SEEKING MORE
SELF-LOVE

SATURDAYS, 6 – 7:30 p.m.

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

Book of the Month:

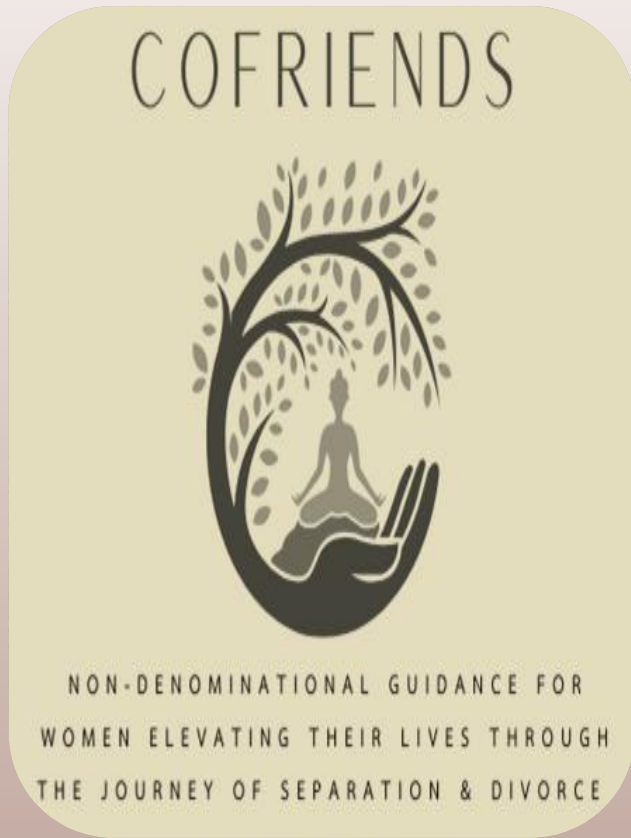


COFRIENDS



NON-DENOMINATIONAL GUIDANCE FOR
WOMEN ELEVATING THEIR LIVES THROUGH
THE JOURNEY OF SEPARATION & DIVORCE

NEXT WEEK'S ASSIGNMENTS



SATURDAY, 8/9/25

6 – 7:30 p.m.

ZOOM: ID: 655-031-2820

Passcode: yu1f9f

Daily Guided Meditation/Hypnotherapy

I Am Enough Meditation, Marisa Peer

<https://youtu.be/6fhikrxPZGI?si=SR-K1QNIDpy37pwq>

[illegible]

Daily Gentle Yoga Stretches

Seated Full Body Stretching Routine, Mizi

https://youtu.be/n0sCHcQK4_0?si=i_XZqxVhbhhiRBOp

[illegible]

Therapy/Guidance Check-In/Review

With Much Love, From Your Friend, Divorce -

[illegible]

BOM Part One, Chapter 2 Review

IDENTIFYING SELF LOVE – What It Is & What It Is NOT

[illegible]

VISION BOARDING ACTIVITY

Who Are You?

Intention Setting for Taking Journey to Love Yourself

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## Today's Meditation Music Link

528 Hz Heart Chakra Regeneration | Repair/Heal Heart Chakra

<https://youtu.be/74uQghVd9Mo?si=j0JpFVE6WQHFN7q>

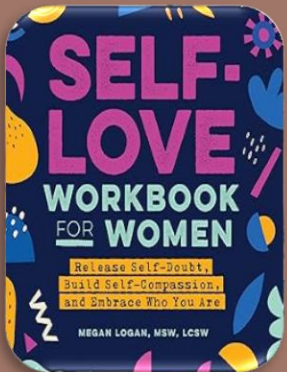
# COFRIENDS: LIVING YOUR BEST LIFE

SUPPORT FOR WOMEN SEEKING MORE  
SELF-LOVE

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Book of the Month:



## COFRIENDS



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# GUIDED MEDITATION

Marisa Peer





# GENTLE YOGA STRETCHES

Mizi



*New Insights into Self?*

*Emotional/Mental Health  
Successes*

*Areas of Concern?*

CHECK-IN



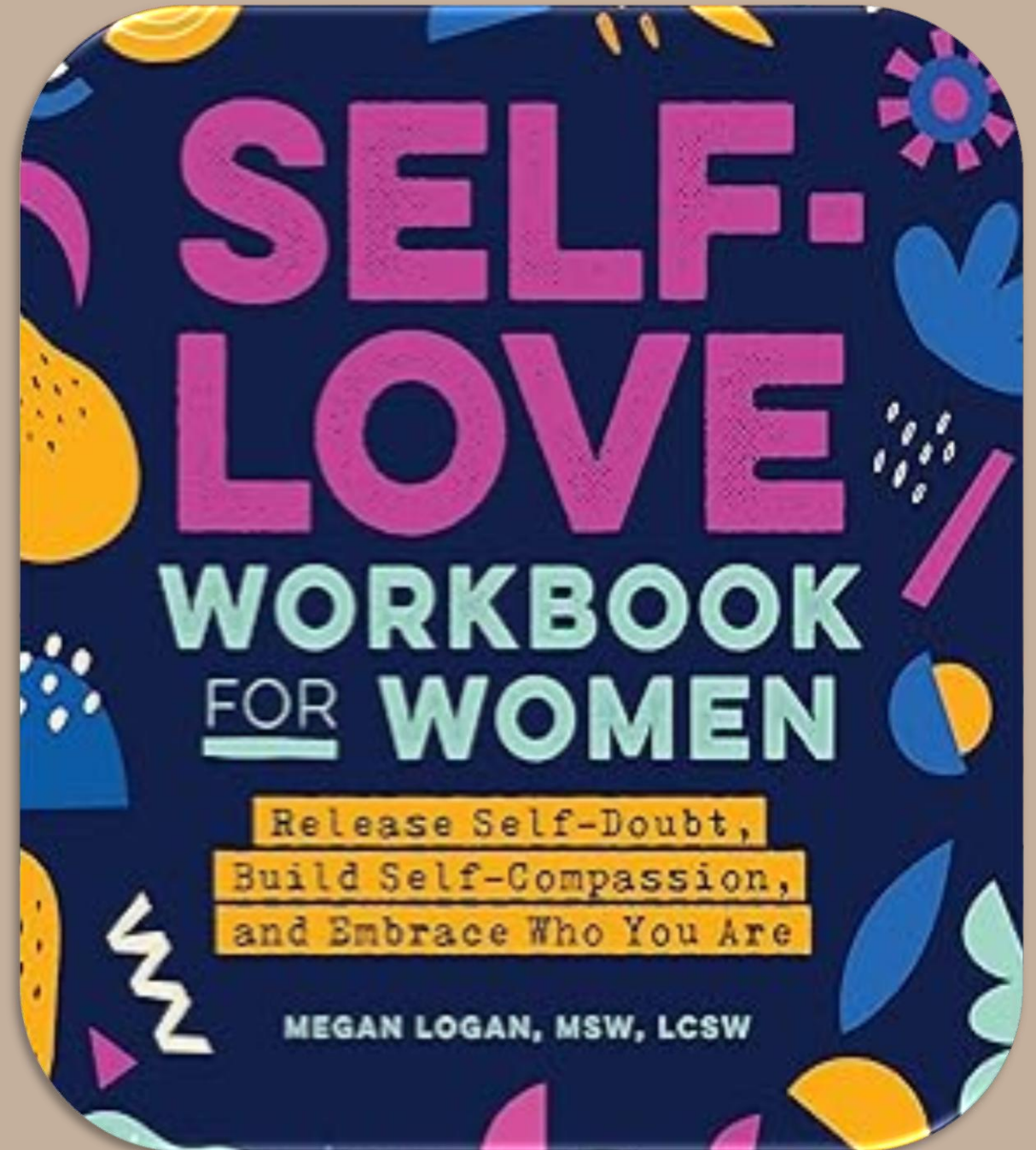
# SELF-LOVE WORKBOOK FOR WOMEN

Part One, Chapter One

What is Self Love?

Setting Intention

Preparing to Love Yourself





# 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

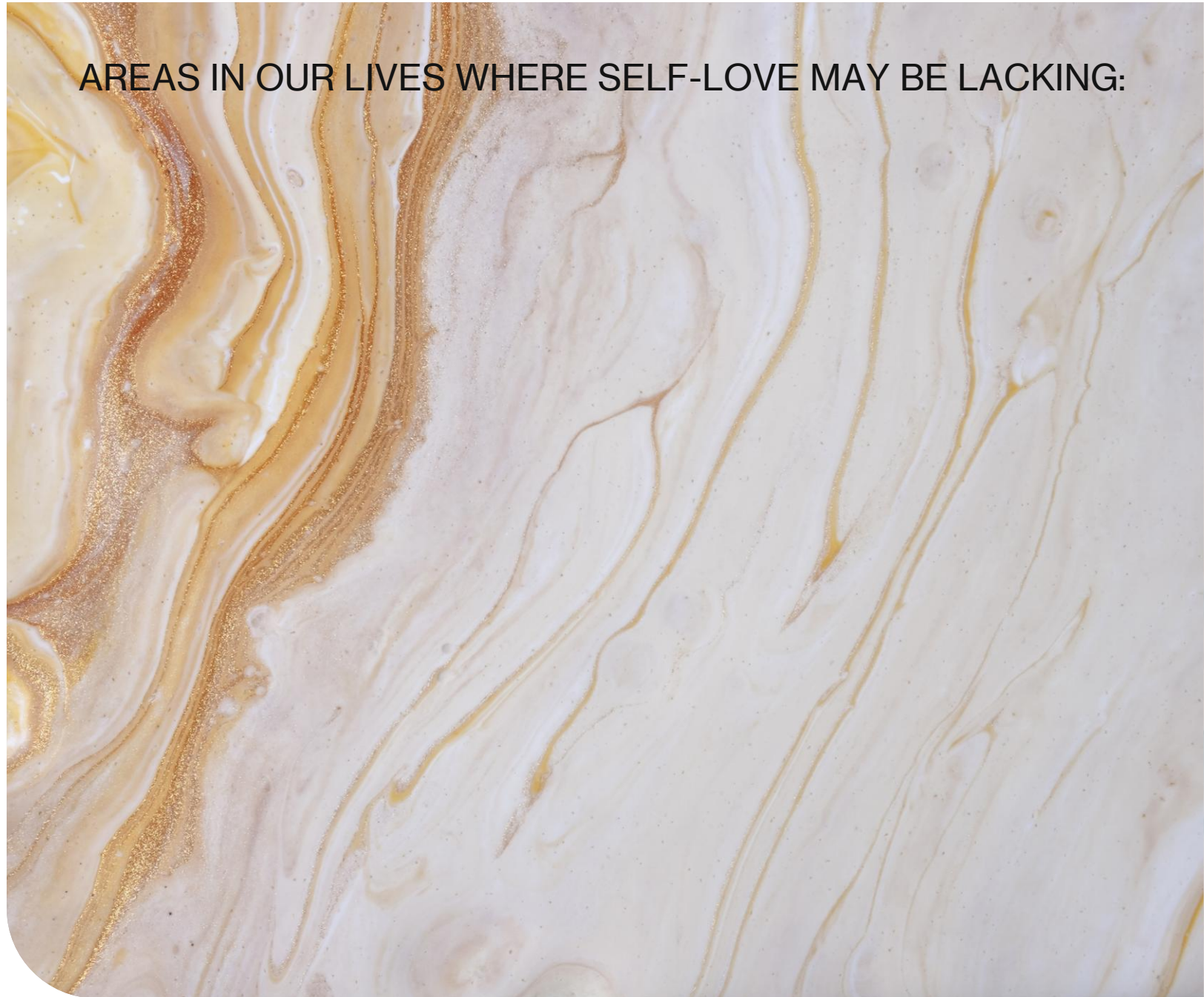
- “...NOT perfection nor ...always being happy.”
- “...NOT based on achievements and external measurements of success.”
- “...NOT rooted in shame-based criticism or fear.”
- “...does NOT shame, lie, minimize, or criticize.”
- “...NOT fault finding and beating self up.”



# 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:





COURTESY

Certitude

FIDELITY

F  
O  
R  
E  
B  
E  
A  
R  
A  
N  
C  
E



C  
O  
N  
F  
I  
D  
E  
N  
C  
E

FORGIVENESS

RIGHTEOUSNESS



# HOMEWORK FOR 8/9

- Keep solidifying your reasons for leaving/ending your role in unhealthy relationships (Visit <https://osairo.wixsite.com/wtofarm>)
- Finish Reading/Completing Part One Chapter One: The Lowdown on Self-Love in *Self Love Workbook for Women* by Megan Logan.
- Create Your Meditation Space to Focus on Loving Yourself & Take Picture to add to Vision Board (Left Side – Titled: My Journey to Love Myself)
- Title Right Side of Vision Board: Visions of My Future Self & Life



## COFRIENDS



NON-DENOMINATIONAL GUIDANCE FOR  
WOMEN ELEVATING THEIR LIVES THROUGH  
THE JOURNEY OF SEPARATION & DIVORCE



***SACRED SPACES FOR  
SELF LOVE  
MEDITATIONS***





# 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.