

REIGNITE SELF-LOVE

A Three Week Reset to Put Yourself
at the Top Of Your List



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About Jennifer Jeska



Jennifer is an Evidential Medium, Reiki Practitioner, and spiritual educator who helps others deepen their connection to Self, Spirit, and the world around them. With a grounded, heart centered approach, she blends intuitive insight with practical guidance to create safe, transformative spaces for healing and growth.

Through her readings, workshops, and self-development classes, Jennifer empowers others to trust their intuition, embrace self-love, and align with their highest potential.

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Self love unleashes
your full potential.

When you are able to
be in self love your
potentials become
endless.

Welcome & Overview

Welcome to Reignite Self Love! Based on Lee Harris Energies Self Love Challenge, from is book Energy Speaks, this class is a invitation to pause, reconnect, and put yourself back at the top of your list. Over the next three weeks, you'll discover how consistent acts of self-love can transform your relationship with yourself and those around you. This is your time to refill your cup and rediscover the joy of being you.

Getting Started

You will devote three hours a week to self love and self-care. You can separate the three hours across each seven day period if you find yourself wondering how you will find 3 hours to yourself. The harder it is for you to find the time the more important this is! You will do something you love or discover something new that you didn't know you would love. Ideally, you will step out of your usual routines and experience something new.

It could be harder than you think the internal demand to get it right or doing it perfectly could arise, but the important part is your willingness to try it. This process will give you new insights into the way you work the way you see things and feel things.

Self-love isn't a one-time act it's an ongoing relationship with yourself. Like any relationship, it has highs, lows, and moments of growth. The deeper you go, the more old patterns may surface, and that's where healing begins.

The Four Gateways to Self-Love

The four gateways-Time, Nature, Touch, and Creativity are pathways back to yourself. Through mindful attention to each, you restore balance, reconnect with your body and heart, and rediscover joy in everyday life.

Making Time for Yourself

Your time is your most precious nonrenewable resource. Taking time for yourself isn't selfish it's sacred. You are in control of your calendar and your priorities. By setting aside even small moments for yourself, you create space for rest, inspiration, and renewal.

To get started open up your calendar and pick the three hours each of the next three weeks that you want to dedicate to yourself love timeslots .

During this time, turn off cell phones and computers. This is about senses without external communication for the most part.

I will dedicate three hours per week to myself.

My chosen self-love times

Week 1

Week 2

Week 3

Time Continued...

If you're feeling tired, uninspired or down, you can make powerful shifts in your energy during the challenge. By putting attention on time when it comes to time for yourself. Many can relate to: *I have too many responsibilities at home, at work, in my life. I never get time to myself.*

It is imperative that you take time for yourself if your current experience is one of lack in any of the areas of your life. If you feel there is something missing turn your focus onto yourself for the coming three weeks. You will begin to change the perception that anything is lacking.

Make a list of everything you are truly not enjoying, but can easily let go of. Commit to let go of those things during the challenge.

If you are not enjoying something that is more complicated to release, simply allow yourself to hold an intention for that thing to shift. List those here.

You can even set an intention by saying

I wish to release _____

Even if you don't yet know how it will happen. Surrender it to the universe and see what happens.

Taking time for yourself is the same as making space for yourself. Making space for yourself opens up your receiving energy and it may even be piece of the puzzle that you've been looking for.

Notice the opportunities that start coming your way when you start taking time for yourself.

Notice what are you saying yes to what are you choosing?

When you start taking breaks, you begin to create a different template for yourself. Your world will rearrange yourself around your choices and you have nothing to lose because you can always go back to the old patterns if you don't like the new ones.

You are in control of your calendar. We make sometimes feel like victims to our calendar but now we are the ones with the control.
The choice is ours.

Self-Love as a Relationship

We already commit to acts of self love. Everything that we do for ourselves is an act of self love. From dressing ourselves to how we care for ourselves with our food, the choices we make.

Your journey of self love is informed by the love you have experienced with others, parents, siblings, lovers, mentors, coworkers, and friends. It is possible you still feel you have never been loved by another in the way that you have always wished to be.

If you feel you have never been seen, heard, held, celebrated, loved the way you want to be, it is time to turn your attention inward. It is time to marry yourself for a little while and see the changes that it will bring to your external relationships as well

What does self-love look like for you right now?

How do you typically show love or care for others and how can that mirror how you show love for yourself?

How can you show yourself the love you feel you are missing?

As you make use of the exercises, you will discover that the act of self love is defined by your thoughts feelings, perceptions, expressions, creations, desires, needs, and dreams.
Things that are purely you!

Nature

The human body can transmute energy much more efficiently when it is in balance. The body needs grounding to be in balance. Nature is the fastest most effective way to rebalance. Even if all you have available is a patch of grass. Nature helps restore balance. It is not a luxury to go for a walk in the park. It is a necessity. It is no less important than eating or sleeping.

If you feel like you need more space in your life, you feel off or have a lot on your mind head out into nature and walk through what is going on in your mind.

How much time are do you spend in nature? How does it help you? Do you feel you utilize nature enough or is it something you would like to work on?

Where do you like to go walking that is easily accessible to you on most days? Make this your go to spot when you are in quick need of moving energy and emotions.

Touch

Self-love is not only emotional, mental, and energetic; it's physical as well. The body needs touch, either your own or another person's. Be it a hug from someone. Treating yourself to a massage. You can also care for your own body through touch. It could be as simple as slowing down after a bath and treating your body to lotion in a nurturing way, noticing your body and how it feels. Giving yourself a good stretching session and working out your own tight spots with self-massage. You can also give yourself that much needed hug.

Do you feel you are experiencing enough touch? If not how can you give more touch to your body?

Creativity

Creativity is simply using the body to bring something through to create something with your energy. Neglecting creativity can bring sadness because the life force within you is designed for expression. We are here to create!

More creative expression during one of your three hours each week is another way to give yourself positive transformational energy. Dance, write, daydream, brainstorm, paint, doodle, stitch, glue, express yourself in anyway you feel inspired to.

Many people think of creativity as art, painting, and sculpting. But whether you are gardening, cooking writing a letter or teaching your child or leading and leading a meeting at work or having a conversation you can bring creativity into it. You can make the way you do anything an art form.

Creativity is a powerful way to say yes to the life force within you. Create something that holds the vibration you wish to experience. It brings soothing to the soul. It widens your energy field.

In what areas of your life are you the most creative?

In what ways or in what areas of your life would you like to be more creative?

Wrapping up Your 3 Week Challenge

Tending to your time, your connection with nature, your need for touch and your need to express yourself and create will began to transform your energy and your relationship with yourself. Every time you commit to yourself, you're making your choice to build your energy.

No matter how chaotic your environment or the world may look, be a guardian of your self-love and peace.

Remember your journey doesn't stop here. The goal is that this challenge brought you more love, peace and clarity and to see the value in all areas of your life when your personal needs are met and you allow time for your own joy.

Continue tending to your time the best you can. Allow time for the things you want to do, spend time in nature, be creative, and give your body the touch it needs.

Week 1-How do you want to spend your time? How will you include nature, creativity, and touch.

Week 2-How do you want to spend your time? How will you include nature, creativity, and touch.

Week 3-How do you want to spend your time? How will you include nature, creativity, and touch.

Reflection-How did this challenge shift things in your life? Do you want to keep up your new routine? If so how do you plan to keep it going as you move forward?
