

Love your  
feet



www.loveyourselfbeautiful.weebly.com

beautiful.

# The foot journey

Welcome to the "Love your feet Beautiful" project.

I'm so glad you have decided to lavish some care and attention onto those well deserving tootsies.

This goody bag is jam packed with fantabulous ways to Love your feet.

Your body totally deserves and necessitates selfcare and maintenance.



Lots of Love

Sally xxx

# Deservability Prayer

I am deserving. I deserve all good. Not some, not a little, but all good.

I now move past all negative restrictive thoughts.

I release and let go of the limitations of my parents. I love them, and I move beyond them. I am neither their negative opinions nor their limiting beliefs.

I am not bound by any of the fears or prejudices of the current society in which I now live. I no longer identify with limitations of any kind.

In my mind I have total freedom. I now move into a new space of consciousness where I am willing to see myself differently. I am willing to create new thoughts about myself and about my life. My new thinking becomes new experiences.

I now know and affirm that I am at one with the Prospering Power of the Universe.

As such, I prosper in a number of ways. The totality of the Universe and possibilities lies before me.

I deserve life, a Good Life.

I deserve Love, an Abundance of Love.

I deserve Good Health.

I deserve to live Comfortably and to Prosper.

I deserve Joy and Happiness.

I deserve Freedom to be All That I Can Be.

I deserve more than that, I deserve All Good.

The Universe is more than willing to manifest my new beliefs. I accept this Abundant Life with Joy, Pleasure and Gratitude, for I AM Deserving.

I accept it. I know it to be true!

Thank you

# Promise to me

I will take care of myself  
because I am worthy, I  
deserve to and it is my  
God given responsibility,  
I will do so  
without any  
guilt  
whatsoever.



# foot steps

Let the journey begin.....

♥ Decide and diarise your "Love Your Feet Beautiful" month, for the whole month your feet will be the focus. We will soak them, scrub them, massage them, thank them, exercise them, heal them, treat them, be kind to them, and LOVE them.

♥ There are no strict rules for completing this project, you can slowly work your way through from start to finish or just choose the parts you are drawn to. All that matters is that you focus on your feet for the whole month. In saying that there are two parts I would consider being a priority, the "foot massage" and the "morning feet" ritual. Both of these tasks really put you in touch with your feet and if you try your hardest to do them each day for the whole month, you will see and feel big changes in your feet.

♥ While on this journey really take the time to observe your feet. How do you walk, how do they feel in shoes, how do they feel in the morning, how do they feel at night, when you can observe other peoples feet too. The best place to do this is the mall, order a yummy scrummy latte, sit yourself down and sip and watch..... very interesting stuff, I tell you.



# my feet

My "Love Your Feet Beautiful" month is

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How do I feel about my feet right now?

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How do my feet feel in the morning?

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How do my feet feel in the evening?

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# feet feet feet

Our feet are our connection to the earth.

We need a solid connection with the earth to help keep our whole body mind and soul in balance.

It is important to pay close attention to our feet and lavish them with kindness so our bond with the earth remains strong and clear. (check out grounding in the Loveopedia)

Our feet are also the foundation of our bodies.

Just as a buildings foundations must be level, stable and strong to support the structure above, the feet must be balanced and sturdy to support the legs, spine, arms and head. If our base is tilted or angled a reflection of this will appear up through the body as a misalignment or pain.



# Foot facts

- ♥ Feet should not hurt!
- ♥ There are 26 bones in your feet.
- ♥ There are 19 muscles in your foot.
- ♥ There are 33 joints in your foot.
- ♥ 75% of people experience foot problems.
- ♥ Women have 4x as many problems than men .... wonder why?
- ♥ When you are walking, the pressure on you foot exceeds your total body weight ..... Oh my poor foot!
- ♥ Only a very small percentage of people are born with foot problems
- ♥ The average set of feet will travel 70,000 miles in a life time.  
70,000 MILES!



# Foot mechanics

I now have the greatest respect for my incredible feet. All this study has led me to the realisation that they are each an amazing mechanism and certainly not to be taken for granted.

The pictures on the next page don't actually do justice to all that goes on inside our feet.

Directly beneath the skin is a fibrous structure (plantar aponeurosis) which creates the arch of our foot and enables us to push off when walking.

Under that there are four layers of muscles each with a vital job, without which we either wouldn't be able to walk or it would be very painful.

Then there's a mass of nerves and arteries that loop their way through it all bringing nourishment and sensation.

Buried deep in all of that we find the 26 bones, all intricately linked to enable the foot to bend this way and that while holding the weight of our body.

They are pretty dam amazing ... I reckon

So I'm going to show mine some

Love!

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# Thoughts to Ponder...

Do I stand on my own two feet most of the time.....

What type of situations make me doubt my capabilities.....

How can I become more self reliant....

Am I fearful of the future....

Am I confident I can take care of myself....



# My thoughts

Standing on my own two feet

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Situations that create doubt

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Becoming self-reliant

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The future

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Taking care of myself

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# My thoughts

Standing on my own two feet

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The future

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Taking care of myself

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# Affirmations

I am master  
of my own  
decisions

I am independant  
and choose to  
make my own  
way in life.

I have faith that  
I can stand with  
certainty regardless  
of the storms that  
I might weather.

Whatever  
I need  
I can obtain  
for myself

Taking care  
of myself  
brings me  
great  
Freedom

I understand  
clearly and I am  
willing to change  
with the times  
I am safe.