



# The Self-Love Frequency Wheel

Discover Where You Are — and How to Shift Higher

# Introduction

The Self-Love Frequency Wheel is a simple yet powerful tool to help you identify your current emotional state and shift towards higher frequencies of love, joy, and authenticity. Remember, awareness is the first step to transformation.





## Outer Wheel (Low Frequencies – Draining States)



**Fear**

"I'm not safe."



**Shame**

"Something is wrong with me."



**Guilt**

"I don't deserve it."



**Self-Doubt**

"I'm not enough."



**Perfectionism**

"I must get it right before I can be loved."



## Middle Wheel (Neutral – Shifting States)



### Curiosity

"What if I tried something different?"



### Courage

"I can take one small step."



### Compassion

"I forgive myself for not knowing better before."



### Acceptance

"This is where I am, and it's okay."

# Inner Wheel (High Frequencies – Liberating States)



**Love**

"I am love. I radiate love. I receive love."



**Gratitude**

"I see beauty in what I already have."



**Freedom**

"I get to choose who I want to be."



**Joy**

"I allow myself to feel good now."



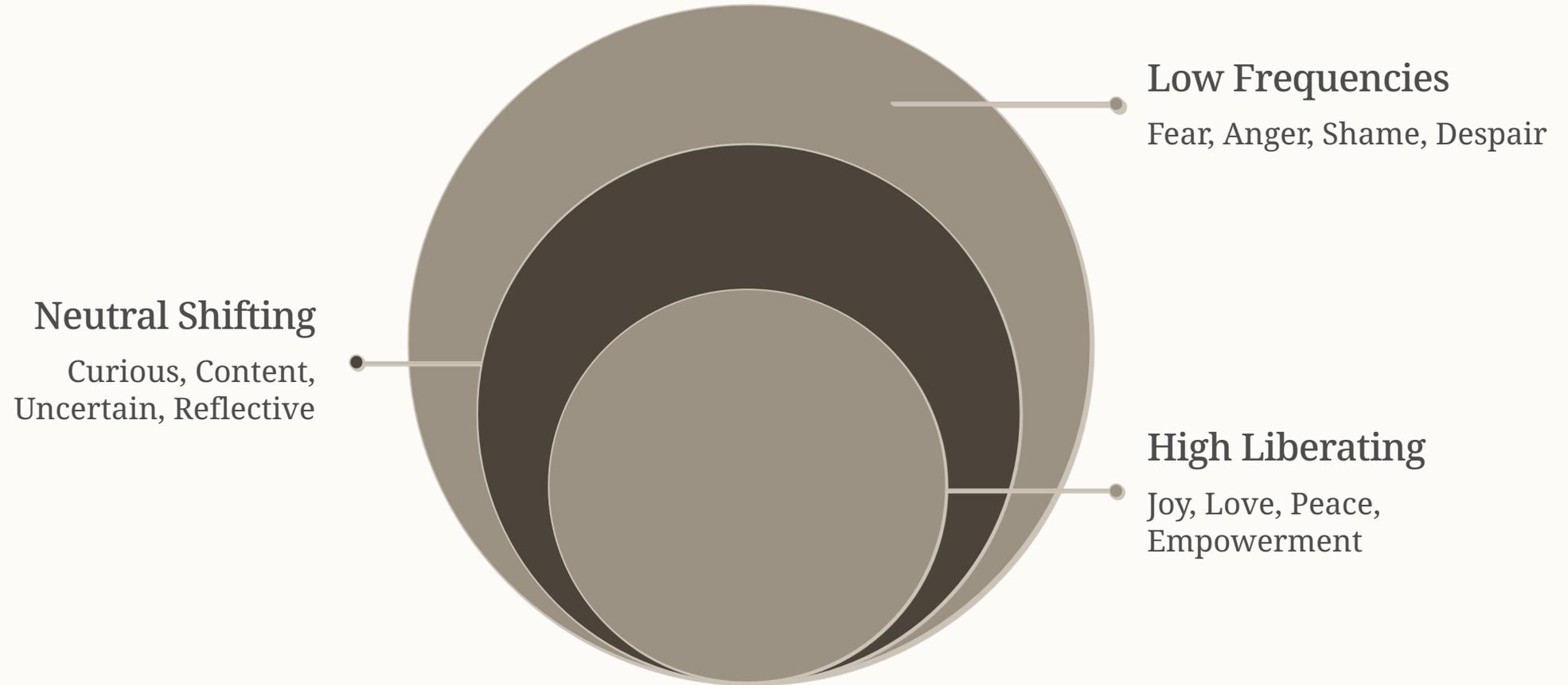
**Authenticity**

"I am enough as I am."



# The Three Frequency States

This wheel illustrates the journey from draining emotional states to liberating ones, moving from the outer ring inward.



# How to Use the Wheel

## Step 1: Identify Your Current Frequency

Look at the wheel and circle the word/feeling that resonates most with where you are right now.





Step 2: Acknowledge Without Judgment

**Remember, awareness is  
power.**

Wherever you are is simply feedback, not failure.

# Step 3: Shift Higher

Choose one practice to raise your frequency:



## From Fear

Try a 5-minute breath reset.

**Example: Breathe in for 4 counts, hold for 4, exhale for 6.**



## From Shame

Write one thing you appreciate about yourself.

**Example: 'I appreciate my kindness toward others today'.**



## From Guilt

Affirm: "I deserve joy and freedom."

**Example: Say this 3 times while looking in the mirror.**



## From Self-Doubt

Recall 3 wins from your past.

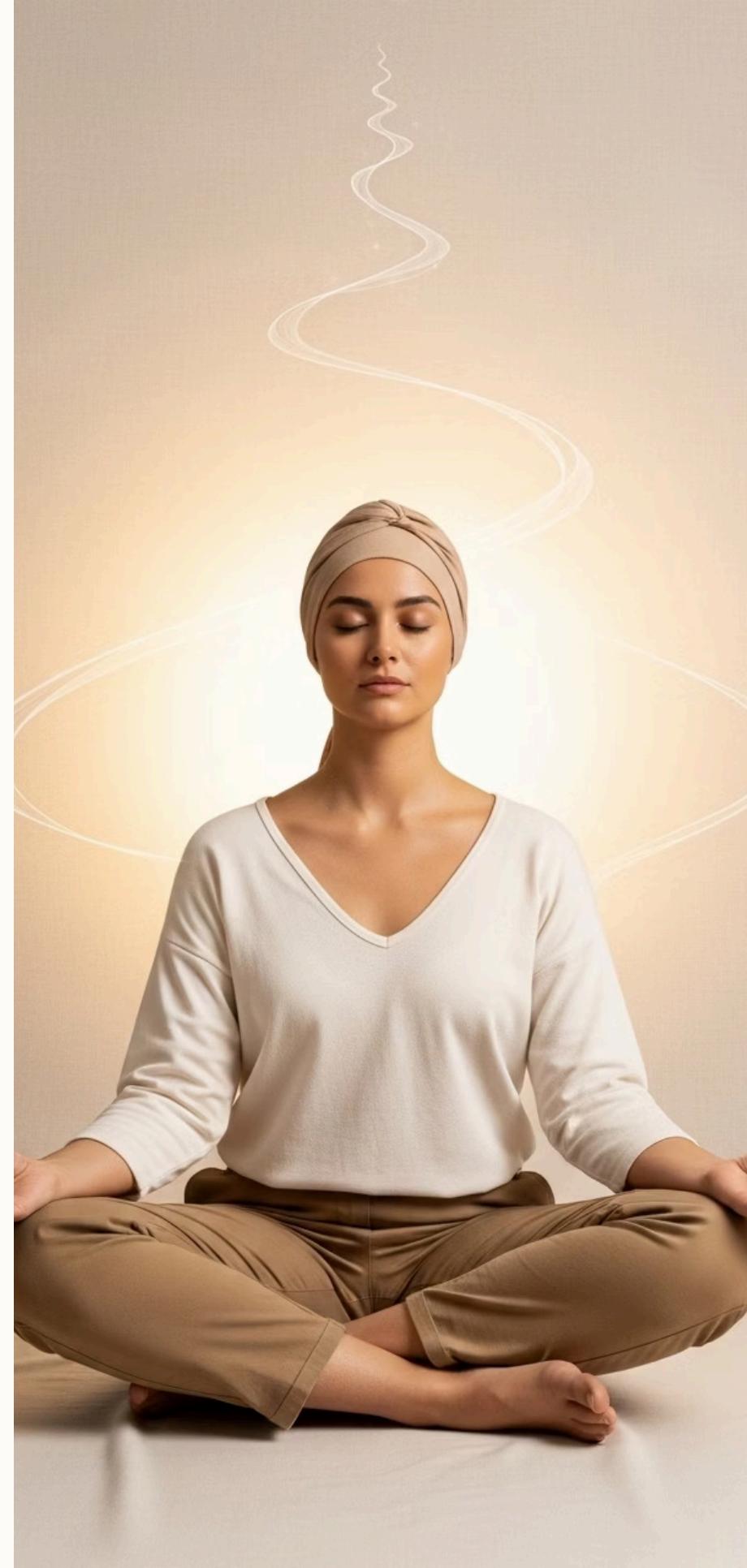
**Example: 'I completed that project, I helped a friend, I showed up today'.**



## From Perfectionism

Replace "I must get it right" with "I give myself permission to try."

**Example: 'I give myself permission to try this new recipe, even if it doesn't turn out perfect'.**





## Step 4: Anchor In

End with this affirmation:

**"Self-love is my natural state. I choose it again and again."**

# Go Deeper

Want to go deeper? Explore The S.E.L.F. Method™ — a 6-week journey to reclaim your energy and confidence.

| **"You Deserve to Know | Begin Your Inner Quest"**



[Explore The S.E.L.F. Method™](#)

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