

A woman with long, wavy hair is shown from the waist up, wearing a black tank top and blue denim jeans. She is standing against a bright pink background. Her right hand is in her pocket, and she is wearing several bracelets on her left wrist. The text 'love bomb bootcamp' is overlaid on the left side of the image.

# love bomb bootcamp

HOW TO FALL IN LOVE WITH YOURSELF

A 10-STEP GUIDE TO FALLING MADLY, DEEPLY, HEAD-  
OVER-HEELS IN LOVE WITH YOURSELF

*by*

BY ERIKA & JESSICA SWEENEY + REANNE DERKSON  
- URBAN ALCHEMY & LITTLEFOOLBOOK -



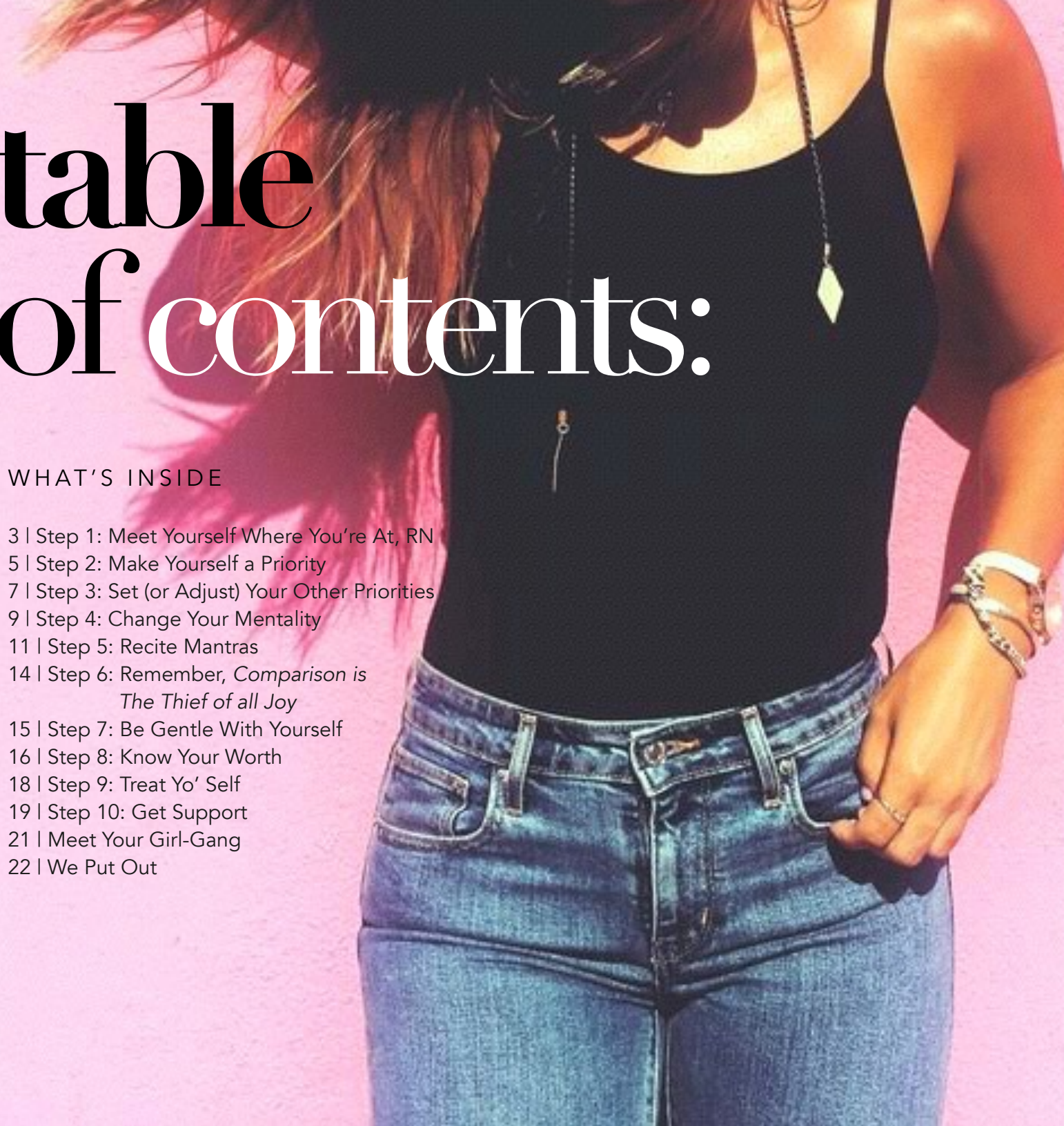


# LOVE BOMB BY A BOTCAMP

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# LOVE BOMB BOOTCAMP

## hey, gorgeous!

It's Erika, Jess and Ree, the co-creators and OG self-love warriors behind Love Bomb Bootcamp.

In theory, this whole "Self-Love" thing sounds like a pretty simple concept. Sorta like giving yourself a hug, treating yourself to a mani/pedi combo at the mall, and maybe even a little somethin' somethin' from that adorable boutique you pass by everyday on your way to the office.

What it doesn't sound like is work. Except — *we hate to break it to you, but* — self-love is an infinite journey full of ups and downs and wrong turns and roadblocks and detours.

It takes work, *real work*, the kind of uncomfortable inner work we usually run away from. But if there's one thing we can tell you, it's that no matter how bumpy the road, the journey is *one-thousand percent worth it*.

Start yours now. The following are 10 actionable steps you can take, like today, to fall head over heels in love with yourself tomorrow (and everyday thereafter).



Erika.  
Jess +  
Ree

DO ALL  
THINGS  
WITH  
LOVE



# STEP NO. 1

# meet yourself where you're at, *rn.*

Radical transformation, doesn't happen overnight. When it comes to falling truly, madly, deeply, in love with yourself, the first and most important step is simply showing up.

This journey is personal. To meet yourself where you're at, RN, means to actively accept yourself for all that you are in this very moment. It means to let your guard down, to be present, accept your vulnerabilities and decide that you care more about yourself than you do about societal pressures.

It doesn't matter where you are in your self-love journey.

THIS IS YOUR NEW STARTING POINT.

**Get to know yourself. Who are you, right now? Where are you at? What are your priorities?**

WRITE IT OUT.

# STEP NO. 1

meet yourself  
where you're at, *rn*.

CLICK TO START TYPING

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REMEMBER WHERE YOU ARE, RN IS PERFECT.



# STEP NO. 2 make yourself a priority.

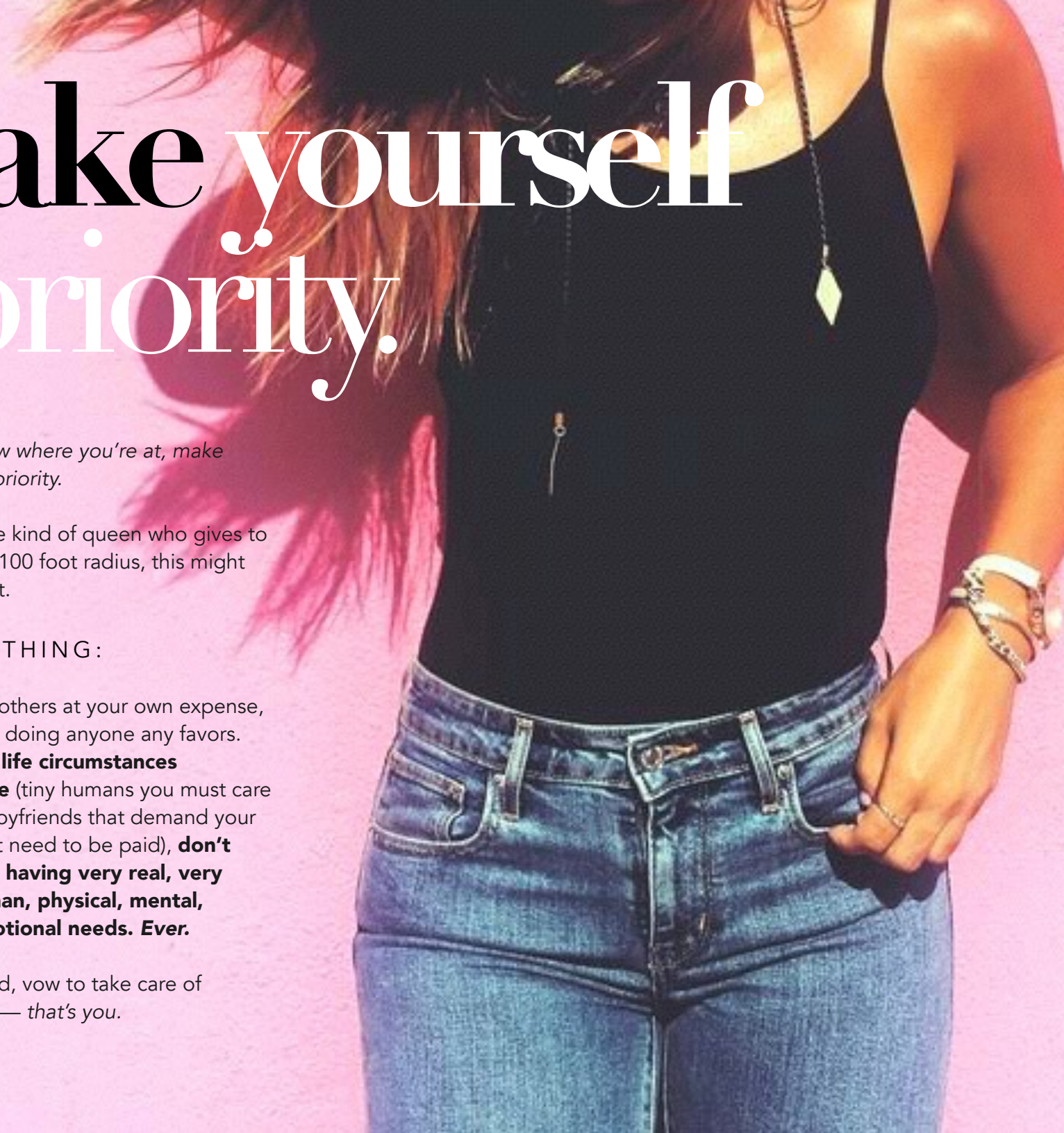
*Now that you know where you're at, make yourself your top priority.*

Because you're the kind of queen who gives to everyone within a 100 foot radius, this might seem selfish at first.

HERE'S THE THING:

If you're giving to others at your own expense, you're not actually doing anyone any favors. And **your current life circumstances whatever they are** (tiny humans you must care for, girlfriends & boyfriends that demand your attention, bills that need to be paid), **don't exempt you from having very real, very normal, very human, physical, mental, spiritual, and emotional needs. Ever.**

So, moving forward, vow to take care of number one, first, — *that's you.*



# STEP NO. 2

# make yourself a priority.

## TRY THIS

FILL IN THE BLANKS

I \_\_\_\_\_, *[your name here]* am committed to myself.

From this point on, I solemnly vow to fill my own cup, first.

**This means:** *(circle all that apply & add as needed)*

MORE →

YOGA

BEACH DAYS

ALONE TIME

SAYING NO

TAKING BREAKS

TIME OUTSIDE

LESS →

GOSSIP

OVERCOMMITTING

STAYING OUT TIL 3AM

F\*&K BOYS

WORKING WEEKENDS

**Signature:**

Signed, sealed & committed.



# STEP NO. 3

## set (or adjust) your other priorities.

BECAUSE THEY TOO MIGHT NEED A BIT OF RESHUFFLING.

But first, what *are* your priorities? And more importantly, are they really aligned with you?

These can seem like big, daunting questions at first, but knowing the answers allows you to plan for (self) love.

SO, TRY THIS.

**How do you want to feel every single day?  
What do you need to do to feel that way?**

*Adjust all of your other priorities accordingly.*



# STEP NO. 3

# set (or adjust) your other priorities.

CLICK TO START TYPING

HOW DO YOU WANT TO FEEL?

*supported*

*confident*

WHAT DO YOU NEED TO DO TO FEEL THAT WAY?

*-Ask for help when I need it, call my  
bestie, join Love Bomb Bootcamp!*

*-care less about what people think of me.*

# STEP NO. 4 change your mentality.

Remember how we mentioned self-love is an infinite journey full of ups and downs and wrong turns and roadblocks and detours? This is for those times.

Whenever I'm feeling down and out, my boyfriend forces me to tell him "what's up."

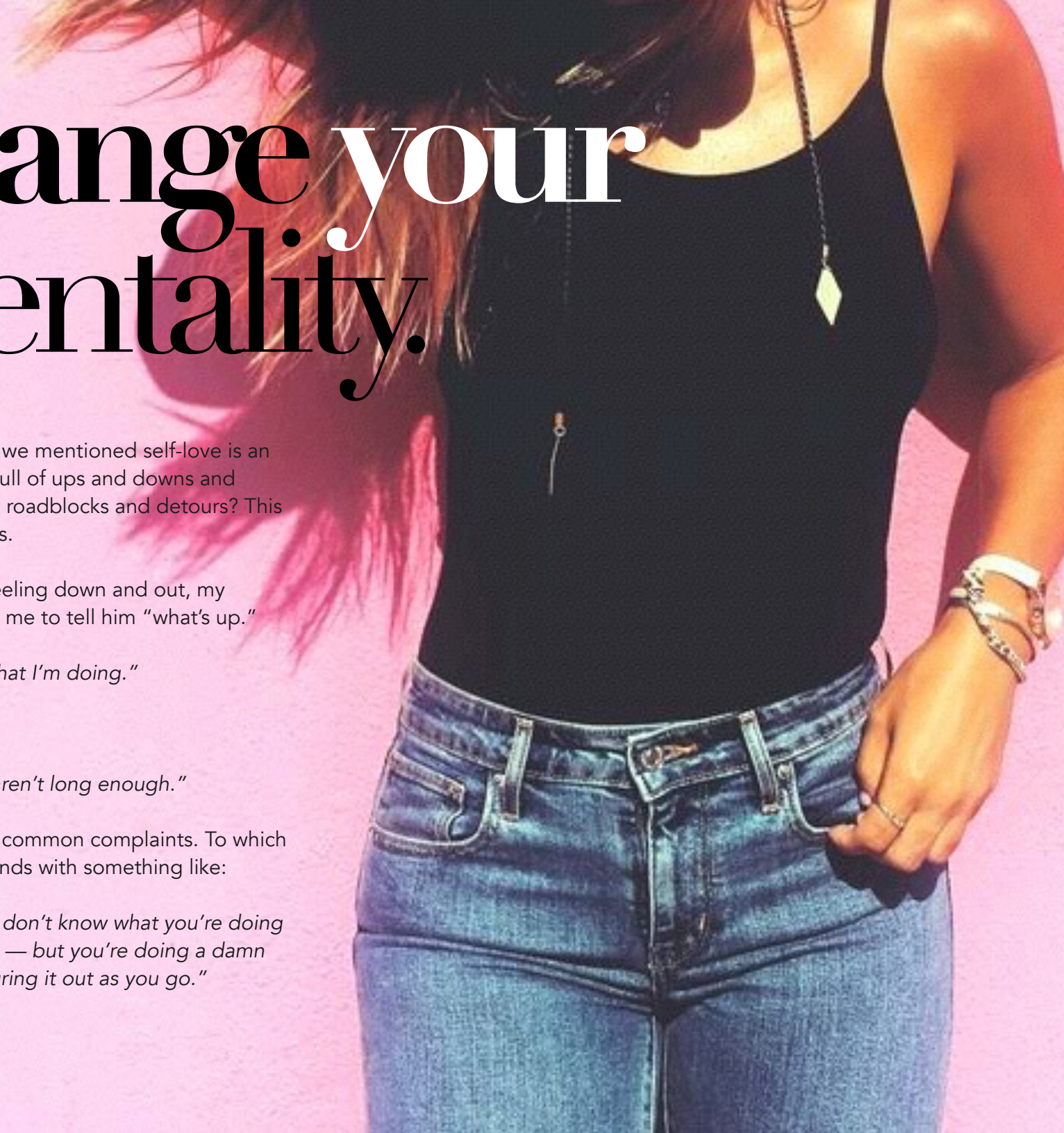
*"I don't know what I'm doing."*

*"I'm broke."*

*"My eyelashes aren't long enough."*

Are some of my common complaints. To which he usually responds with something like:

*"Of course, you don't know what you're doing — nobody does — but you're doing a damn good job of figuring it out as you go."*





# STEP NO. 4

# change your mentality.

And:

*"You're not broke. You have a roof over your head and food in the fridge, and pretty stylish clothes to wear for someone who claims to be broke."*

And:

*"Your eyelashes are exactly long enough for exactly your eyes."*

The point is, when you put your complaint down, flip it, and reverse it (yes, that was fully a GIRLS via Missy Elliot reference), you can actively change your mentality from negative to positive.

You don't even need a S.O. to do it for you. Though it can help hearing it from someone else's perspective—go ahead, lay it on your bestie OR, even better,

LAY IT OUT ON THE PAGE.

**CLICK TO START TYPING**

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# STEP NO. 5

## recite mantras.

Okay, we know this might sound totally new-age, voo-doo, LA hippie, but hear us out: mantras work, if you let them. It's not so much about the mantra itself, as it is about the belief behind the words — the story you tell yourself, over and over, and over again.

That story can either be, "I'm not worthy," or "I don't deserve \_\_\_\_\_," or "I'll never be good enough."

OR...

That story can be one of your own choosing, like, "I am 100% worthy of this promotion," or "I deserve every beautiful thing that has happened to me and has yet to happen to me," or "I am exactly good enough, beautiful enough, smart enough, capable enough for anything this world throws at me."





# STEP NO. 5

## recite mantras.

See what we mean?

Mantras are all about re-writing the story in your head.

And once you start believing that story, amazing things can happen.

My go-to self-love mantra is simple: "I am strong. I am beautiful. I am worthy. And I am more than capable."

Your mantra can be anything you want it to be.

NEED A LITTLE INSPIRATION?

HERE'S 6 SELF-LOVE MANTRAS  
TO GET YOUR STARTED.







# STEP NO. 6

remember,  
comparison is the  
thief of all joy.

AND JOY IS LIKE, A SUPER CRUCIAL  
INGREDIENT IN THE SELF-LOVE RECIPE BOOK.

Quit comparing yourself to strangers on the internet.

Quit comparing your accomplishments to your BFF's,  
your spouse, or that girl who just followed you on  
Instagram.

Quit comparing your downward dog to the chick's on  
the yoga mat next to yours.

Quit comparing your journey to anyone else's in the  
entire world.

Your journey is just that—yours.

IT'S TIME TO TAKE JOY IN IT.





# STEP NO. 7

# be gentle with yourself.

Always, always, always be gentle with yourself. You're going to mess up. You're going to catch your inner mean girl talking sh\*t about you. You're totally going to cave and order the pizza on a non "cheat" day. You're going to forget to put yourself first. And you're going to do it over and over, and over again.

IT'S ALL OKAY.

Allow us to remind you: this whole self-love thing, it's an infinite journey, and detours are 100% bound to happen.

BE GENTLE WITH YOURSELF  
WHEN THEY DO.





# STEP NO. 8

## know your worth.

### REAL-TALK:

Your worth cannot be gained or lost, negotiated or achieved, given up or taken away. You are worthy, simply because you are.

Over time we forget this and begin to attach our worth to things outside of ourselves.

I attach my worth to inanimate objects. I attach my worth to my creative output. I attach my worth to my résumé and professional accomplishments. I attach my worth to the amount of stamps on my passport. I attach my worth to the size of my jeans and the number of “likes” I get on an Instagram photo. I attach my worth to things that have nothing to do with my worth.

WHERE DO YOU ATTACH YOURS?





# STEP NO. 8

## know your worth.

### TRY THIS

Grab a pen and paper. Write down all the places to which you attach your worth. Recognize that they have absolutely nothing to do with your worth.

Ready for the best part?

Rip up the piece of paper.

### ***Feels good doesn't it?***

Because the truth is: My self-worth (and your self worth) cannot be negotiated. My self-worth (and your self worth) is not dependent on any variables or factors. My self-worth (and your self worth) comes solely from within me (and you).





# STEP NO. 9

## treat yo' self.

### Feeling good, gorgeous?

Ripping a piece of paper into a million tiny pieces is strangely liberating. Anyway, time to shower yourself in self-love!

We're not suggesting you spend the big buck\$\$\$ (though, you could if you have 'em), but investing in yourself pays off in big (often unexpected) ways. Because when you give yourself what you desire you're reinforcing that super important sense of self-worth we just talked about in Step #8.

SO, that thing you want (piece of chocolate, new pair of shoes, a night off, \_\_\_\_\_ [*insert your desire here*],

TIME TO TREAT YO' SELF.





# STEP NO. 10

# get support.

Because this self-love thing is hard.

But trust: you can do hard things.

And you don't have to do them alone.

You've got an entire girl-gang here to back you up.

READY TO JOIN?

HELL YEAH, I'M IN.

# self.love.







# LOVE BOMB BOOTCAMP

## MEET YOUR GIRL-GANG

### WE BELIEVE

**Every girl deserves to feel loved and YOU are no exception.**

Because YOU, are not just “average,” you’re exceptional, not just “ordinary,” you’re amazing, not just “enough,” you’re more than enough — and those things you call “flaws,” well, they’re perfect.

*And us, we’re on a heart-driven mission to help beautiful women, just like you, remember that.*

### MEET JESS:

A certified holistic nutrition goddess, yogi extraordinaire, and co-founder of the high vibe wellness hub known as [Urban Alchemy](#).

### MEET ERIKA:

A spirited #girlboss who knows how to clean her sweet tooth. (Yup, she doubles as a dental assistant, the other half of [Urban Alchemy](#), and Jess' real life sister.)

### MEET REE:

A full-time femme-preneur & literista currently penning your new favorite book. [#littlefoolbook](#) (Erika and Jess' fake life sister.)

And the real (and perhaps more important) credentials:

*We’re actively doing this work ourselves.*

## JOIN US.

# LOVE BOMB BOOTCAMP

we  
put out.

Exclusive offerings, exciting new projects,  
and incredibly inspiring content on the reg so  
stay connected and bring your friends!

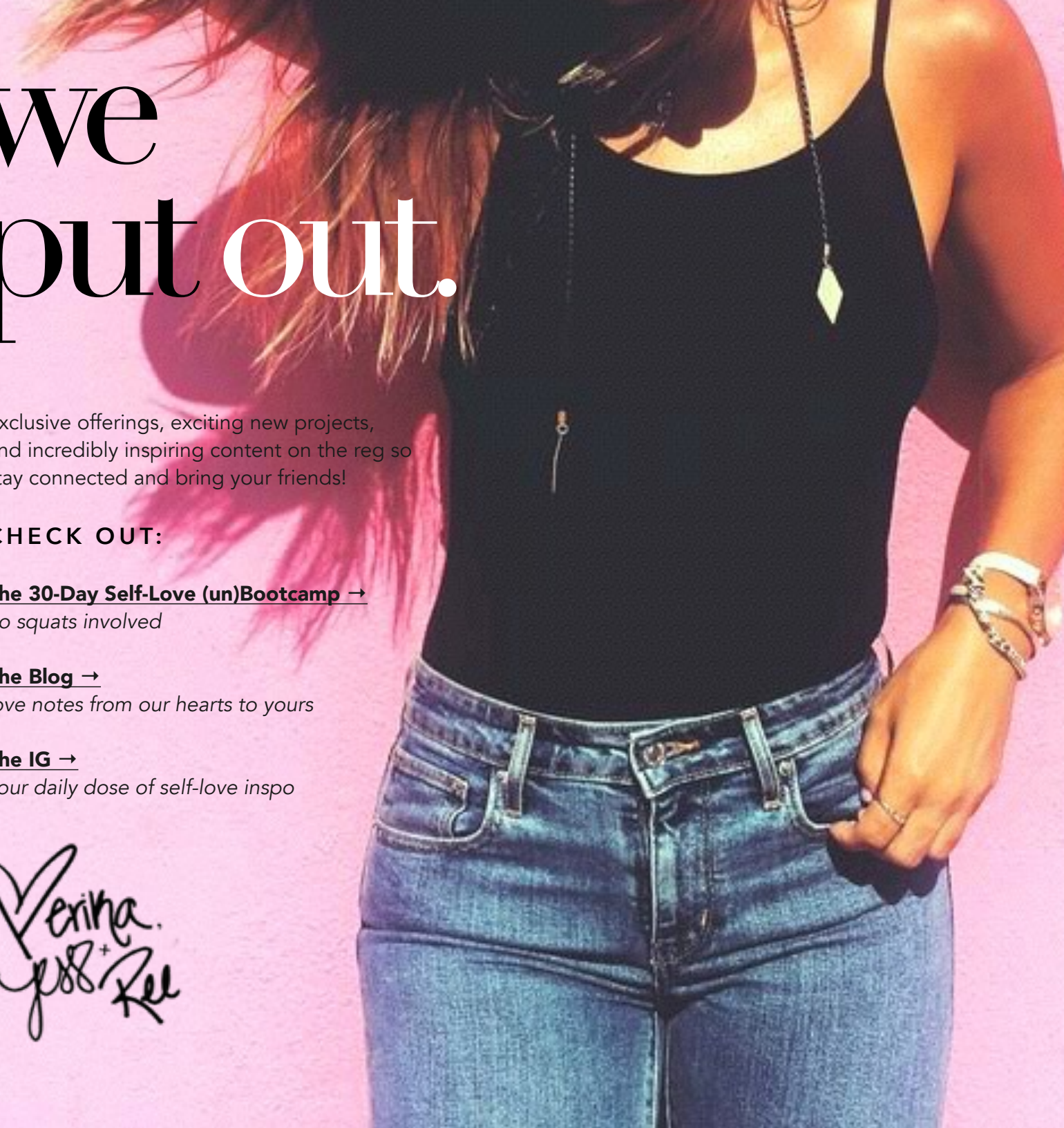
## CHECK OUT:

**The 30-Day Self-Love (un)Bootcamp** →  
*no squats involved*

**The Blog** →  
*love notes from our hearts to yours*

**The IG** →  
*your daily dose of self-love inspo*

Verina.  
JSS+Kee





# LOVE BOMB BOOTCAMP



*Love Bomb*  
littlefoolbook  
Urban Alchemy

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*PS. The mega-babe in the background is our very own loveleigh-Ree.*