

RADICAL SELF LOVE

A woman with her hair in two buns stands in a garden, talking on a cell phone. She is wearing a long-sleeved, light pink top and a maroon skirt with a lace hem. She is also wearing black knee-high boots. The garden is filled with white tulips and purple flowers. In the background, there is a street with a white truck and a building with a sign that says "BRITO SUPER MARKET # 2".

A PLAYBOOK ON GETTING YOUR SH*T
TOGETHER AND DOING YOUR SOUL WORK

Dominique Mack-Collins

HOW'S YOUR HEART?

**Use these sentence starters to do a heart check.
Complete one, two, or all of these lines below:**

Today was ...

I was excited to...

I got the opportunity to...

I am grateful for...



DEAR SOUL SISTER

*"CARING FOR MYSELF IS NOT SELF-INDULGENCE, IT IS SELF-PRESERVATION, AND THAT IS AN ACT OF POLITICAL WARFARE."
— AUDRE LORDE*

Thank you for taking this epic ride with me as we journey to do our Soul Work together. It is our belief that you were chosen, planted and aligned to take this leap of faith with us. We want you foremost to know that this work begins and ends with you. We are only conduits to you in this process. It is our goal to intentionally create sacred space for you to unlearn, re-learn, loose and unearth. I wrote this playbook with you in mind as a guide while forging through the tough sh*t. It is my hope that this will be a treasure in your toolbox as you learn to build your mental, emotional and spiritual muscle.

Let's get this work.

Dominique



Guiding Principles

1

Grounding

grounding is a practice that connects your body to the earth and brings physical and emotional balance and strength. When you learn how to ground yourself, you become present.

2

The Work

the work is a combination of healing modalities that centers the experiences of women unlearning and uprooting thought and behavior patterns that cause trauma

3

In Practice

in practice is a definitive guide of practical tools one can use in a fluid manner to enhance their own soul work with grace and non-judgement

Guiding Principles

Grounding Exercises

- **ACKNOWLEDGE DIVINE FEMININE AND NATIVE LAND**
- **MEDITATE**
- **INVITE ANCESTOR GUIDE**
- **SING OR HUM A SONG**
- **AFFIRM YOURSELF**
- **MOVE YOUR BODY**
- **PLACE YOUR FEET ON THE GROUND AND BREATHE DEEPLY**
- **READ SCRIPTURE FROM YOUR HOLY TEXTBOOK**
- **LISTEN TO AUDIOBOOK OR PODCAST**

The Work

- **WHO DID YOU FIRST LEARN AND RECEIVE LOVE FROM?**
- **HOW DID THAT SHAPE YOUR DEFINITION OF SELF-LOVE?**
- **WHEN DID THE SHIFTS OCCUR IN YOUR DEFINITIONS AND HOW HAVE THEY IMPACTED YOU?**
- **HOW HAS CODEPENDENCY CREATED YOUR BOUNDARIES IN RELATIONSHIP? TO SELF? TO OTHERS?**
- **HOW DO YOU DEVELOP AN INTERNAL SELF-LOVE WITHOUT EXTERNAL VALIDATION?**
- **WHAT DOES RADICAL SELF-LOVE LOOK LIKE FOR YOU?**

In Practice

- **JOURNAL RESPONSES TO "THE WORK"**
- **READ LITERATURE BY BLACK/NATIVE AND INDIGENOUS WOMEN TO DELIBERATELY IDENTIFY CODEPENDENCY PATTERNS**
- **LET YOUR COMMUNITY HOLD YOU ACCOUNTABLE**
- **BE HONEST ABOUT WHAT YOU DO OR DON'T SEE, FEEL, HEAR, TASTE, SMELL**
- **LEARN FORGIVENESS LANGUAGE**
- **WRITE OUT YOUR IRREVOCABLE BOUNDARIES AND NON-NEGOTIABLES**

NON-NEGOTIABLES

Use this section to write non-negotiable boundaries. I listed a few examples below.

MY NON NEGOTIABLE BOUNDARIES

EXAMPLES:
BEING ABLE AND WILLING TO COMMUNICATE EVEN WHEN IT'S HARD.
AN HOUR OF COMPLETE SOLITUDE EVERYDAY.
BEING AROUND PEOPLE WITH STANK A** ATTITUDES.

Resources

Here's a few links to help you get started.



[Elaine Weltheroth's More than Enough](#)



[Toni Morrison's God Help the Child](#)



[Gary Chapman's The Five Languages of Apology](#)



[Whitney Houston's Exhale \(Shoop, Shoop\)](#)



[Brene Brown's The Power of Vulnerability](#)



[Melody Beattie's Coependent No More Workbook](#)



Meet Dominique

Dominique Mack-Collins is a brilliant writer, counselor, and advocate for women and girls empowerment. Known for her unorthodox approach of marrying spirituality with her rebel tongue, Dominique breaks down the complexity of healing in a relatable, inclusive and accessible way.

Dominique's events and trainings are informative, interactive, and calls to action for change. Her work has been featured everywhere from The Huffington Post, XONecole, Elite Daily, Blavity, For Harriet and many others. Advocating healing through one's own stories, she shares her personal experiences of shame, generational trauma, and body image struggles merged with her therapeutic skill set.

Dominique is the creator of The Soul Work Rx a wellness community for women of color seeking wholeness in every area of their life with intention. The Soul Work Rx Women's Retreat is a carefully curated one of a kind luxury yet affordable wellness experience centering Black womanhood and women of color vulnerability.

Soul
Work_{Rx}