



Hello Beautiful Self Love Beings!

Welcome to your Self Love guide to help you navigate your 12-week Homestudy Self Love Mastery Course.

Included in this 12 week course are (2) “Foundational Tools” calls, (9) Class Modules, (1) Half Day Integration Class, and (3) Bonus Livestreams = Total of 15 Classes/Modules

The 2 Foundational Tools calls are Modules 1 & 2

The Homeplay Class Calls are Modules 3- 11

The Half Day Integration is Module 12

Self Love Mastery Bonus Q&A Livestream Video Series (Separate Folder)

### **Important to Know:**

**These Audios & Videos are from Rikka’s Self Love Mastery 2014 Live Teleclass. Below are some items to pay attention to inside your Self Love Mastery Folder.**

The content of the audios and videos with the same module number are the same, with the audios slightly edited to remove excessive pauses or technical errors.

The Homeplay assignments build on one another and the previous week’s assignment is often listed in the new week’s assignment because you are meant to continue doing it. That’s why you will see things repeat.

Module 3 is the official start of the classes with assignments, which is why in Module 4, you may hear Rikka speak as if the class has only been doing work for one week.

In the “Video Files” & “Audio Files”, you will see a subfolder called, Self Love Mastery Bonus Q&A Livestream Video Series. This folder has your 3 BONUS livestreams, with an extra 4<sup>th</sup> Livestream (Note: on the 4<sup>th</sup> livestream, the video cuts off after the 1<sup>st</sup> hour of the call. However, you have access to the full Audio)

In the Tonings folder, you will see a sub-folder called "Self Love Mastery Combination Tonings." These are the tonings from the main Toning folder that have been spliced together for longer tonings.

During the Course you will hear references to going to the “class website.” The class website is NOW the secret Facebook group.

## Self Love Mastery 12-Week Homestudy Course Schedule

*(This is a suggested schedule; feel free to work at your own pace;  
there is no right or wrong way to do this course!)*

<b>Date</b>	<b>Module</b>	<b>Course Materials</b>	<b>Notes</b>
Week 1	1	Module 1-Foundational Tools 1. Mp3 Module 1- Video Foundational Tools 1.Mp4 Module 1-Foundational Tools 1.Pdf Module 1-Foundational Tool 1 Toning.Mp3	
Week 2	2	Module 2-Foundational Tools 2. Mp3 Module 2- Video Foundational Tools 2.Mp4 Module 2-Foundational Tools 2.Pdf Module 2-Foundational Tool 2 Toning.Mp3	
Week 3	3	Module 3- Homeplay Class 1. Mp3 Module 3- Video Homeplay Class 1.Mp4 Module 3- Assignment 1.Pdf Module 3- Toning.Mp3	
Week 4	4	Module 4- Homeplay Class 2. Mp3 Module 4- Video Homeplay Class 2.Mp4 Module 4- Assignment 2.Pdf Module 4- Toning.Mp3	
Week 5	5	Module 5 Homeplay Class 3. Mp3 Module 5- Video Homeplay Class 3.Mp4 Module 5- Assignment 3.Pdf Module 5- Toning.Mp3	
Week 6	6	Module 6- Homeplay Class 4. Mp3 Module 6- Video Homeplay Class 4.Mp4 Module 6- Assignment 4.Pdf Module 6- Toning.Mp3	
Week 7	7	Module 7- Homeplay Class 5. Mp3 Module 7- Video Homeplay Class 5.Mp4 Module 7- Assignment 5.Pdf Module 7- Toning.Mp3	
Week 8	8	Module 8- Homeplay Class 6. Mp3 Module 8- Video Homeplay Class 6.Mp4 Module 8- Assignment 6.Pdf Module 8- Toning.Mp3	
Week 9	9	Module 9- Homeplay Class 7. Mp3 Module 9- Video Homeplay Class 7.Mp4	

		Module 9- Assignment 7.Pdf Module 9- Toning.Mp3	
Week 10	10	Module 10- Homeplay Class 8. Mp3 Module 10- Video Homeplay Class 8.Mp4 Module 10- Assignment 8.Pdf Module 10- Toning.Mp3	
Week 11	11	Module 11- Homeplay Class 9. Mp3 Module 11- Video Homeplay Class 9.Mp4 Module 11- Assignment 9.Pdf Module 11- Toning.Mp3	
Week 12	12	Module 12- Half Day Integration. Mp3 Module 12- Half Day Integration.Mp4 ***No Homeplay*** Module 12- Toning.Mp3	