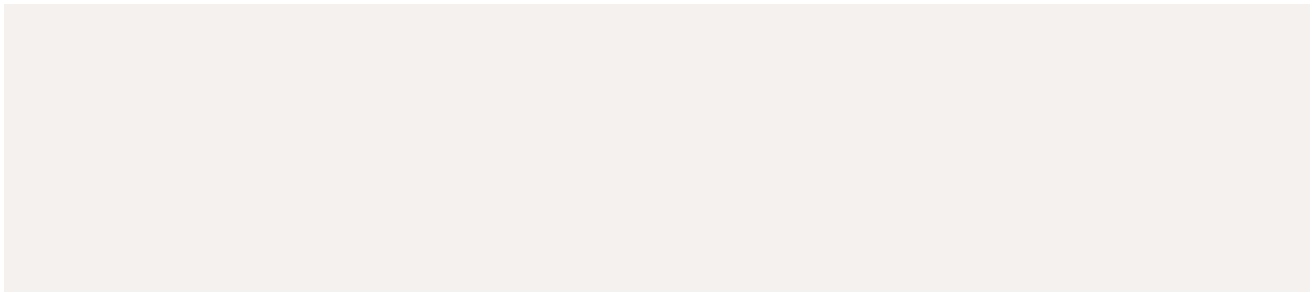


Self-Love *Workbook*

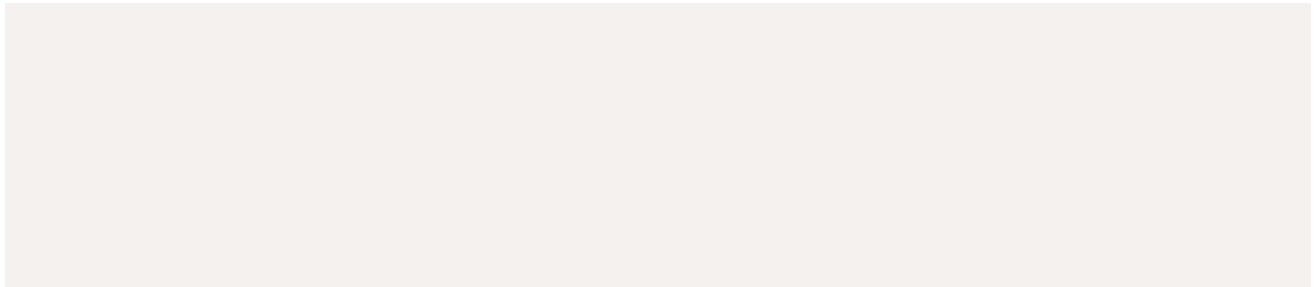
Exercise 1

Reflect on a recent time that you were harsh or critical towards yourself.

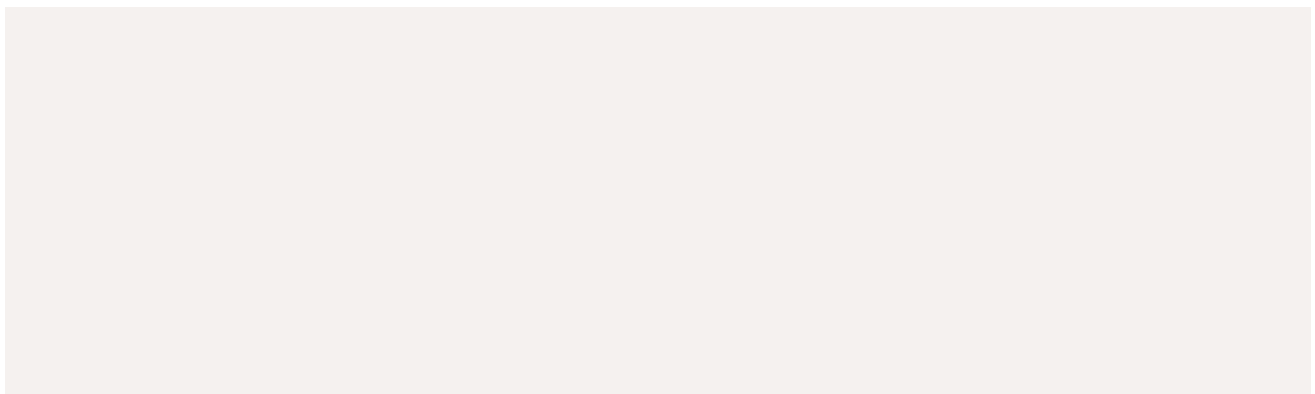
Write a brief description of the moment and dictate your internal monologue.



How did you feel?



If the same situation happened again but to a child or your younger self, what would you have said differently?



Exercise 2

The way we talk to ourselves influences the way that we feel about ourselves. It impacts our outward confidence as well as deep worthiness.

We must recognise these harmful thought patterns and replace them with loving and kind words instead.

Complete the table below and refer back here when your inner critic is loud.

Use the additional rows to add any other self-critical thoughts you tend to experience and redirect them into loving words of compassion.

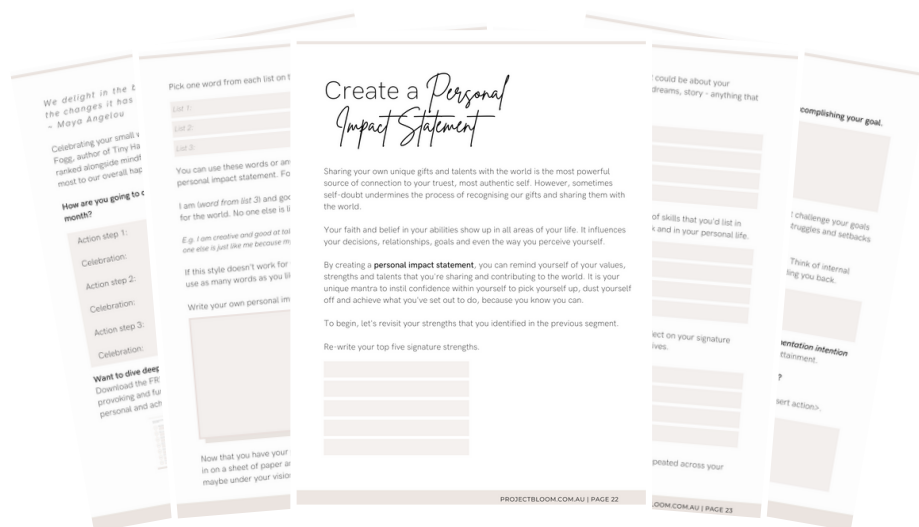
Egoic Mind / Inner Critic	Compassionate Voice
I'm a mess	<i>I'm human</i>
I can't do this	<i>I can do hard things</i>
I'm a failure	<i>I'm learning</i>
Why is this happening to me?	<i>What is this teaching me?</i>
I should be more productive	
They'll judge me if I do that	
I shouldn't eat that	
I should dim my light	
I'm not good enough	
I should just get over it	
I'm too sensitive	
I'm hopeless	

Exercise 3

Create your Personal Impact Statement.

A Personal Impact Statement is your own unique mantra built on the foundations of your signature strengths, talents, skills and personality traits that celebrates your uniqueness and instils confidence in yourself so you can strengthen your resilience.

Download the Intentional Living Playbook to build on these foundations and create your own unique Personal Impact Statement.



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