

TOOLS FOR CHANGE

How to

LEARN TO LOVE
YOURSELF



Self love 10 day challenge

Every morning for 10 days pick one of these to focus on through out your the day.



- **Practice self-care:** Taking care of your physical, emotional, and mental health is essential to loving yourself. Make sure you are eating well, getting enough sleep, and engaging in activities that bring you joy.
- **Accept yourself for who you are:** Embrace your flaws and imperfections, and recognize that they make you unique and special. Accepting yourself is an important step towards self-love.
- **Forgive yourself:** Everyone makes mistakes, and it's important to learn from them and move on. Don't dwell on past mistakes or beat yourself up over them. Forgive yourself and focus on the present moment.
- **Be kind to yourself:** Treat yourself with the same kindness and compassion that you would offer to a close friend. Speak to yourself in a positive and supportive manner.
- **Practice gratitude:** Appreciate the good things in your life and focus on the positives. Gratitude can help you cultivate a more positive mindset and increase your self-love.
- **Set boundaries:** Learn to say no and set healthy boundaries with others. This can help you avoid feeling drained or overwhelmed, and it also shows that you value and respect yourself.
- **Practice self-reflection:** Take time to reflect on your thoughts, feelings, and behaviors. This can help you gain insight into your own patterns and tendencies, and can help you grow and develop as a person.
- **Pursue your passions:** Engage in activities that bring you joy and fulfillment, whether it's a hobby, sport, or creative pursuit. Pursuing your passions can help you feel more connected to yourself and increase your self-love.
- **Surround yourself with positivity:** Surround yourself with people who uplift and support you, and avoid those who bring you down. Cultivate a positive environment that fosters self-love and growth.
- **Celebrate yourself:** Take time to celebrate your accomplishments, big or small. Recognize your strengths and achievements, and give yourself credit for your hard work and dedication. Celebrating yourself can help you build confidence and increase your self-love.



How I am learning to love myself.



I have lived most of my life hating myself. It was easy and natural for me to encourage others, see the beauty in their existence and to see what they offered the world. I could not see this in myself.

One day I thought “ It's funny, you seem to give everyone but yourself what you need.” This one thought had a tremendous effect on my life. I started to notice how I was attracting people and situations where I would say things that I too needed to hear, I would give advice that I needed to take. I really focused on this.

To my amazement it existed everywhere, at work, at home, in friendship and in "situationships."

Listen to the words that you speak to others, pay attention to the actions you give to others. Often that can be a guide to what you need to give yourself.

Most of my life I have wanted to help others. To lift others up, encourage them, help them see their potential. I had no clue that I needed to be doing this for myself. I had just accepted that the self hate was who I was. Turns out it's not.

Turns out that life is fun. Healing became freeing and funny at times once I stopped taking myself so seriously. Once I stopped trying to be something I will never be, perfect.

One of the best ways to get to know yourself is to get super curious and replace judgment with curiosity

Do I feel worthy of love?

If not why?

What false beliefs am I carrying around with me everyday?

What false beliefs are controlling my life?

Top 9 Books

THAT HELPED ME THROUGH THIS JOURNEY



1. **Untethered Soul, Michael Singer**
2. **Seat of the Soul, Gary Zukav**
3. **Self Compassion, Kristen Neff**
4. **A Return to Love, Marianne Williamson**
5. **The Body Keeps the Score, Bessel Van Der Kolk**
6. **Breaking the Habit of being Yourself, Joe Dispenze**
7. **You can heal your life, Louise Hay**
8. **Tell Yourself a better lie, Marisa Peer**
9. **The power is within you, Louise Hay**

I have been reading self help books, personal growth books and spiritual books since the age of 17.

One day in my early 30's I thought, "How have I read all these books and still feel like 100 percent shit?"

By asking myself that question I realized something. It is not in reading the material that creates change, it is in the application of the materials.

11 Ways to use a book for actual healing



1. Study the book.
2. Write in the book, make notes, underline what resonates with you.
3. Take classes that are offered with the book.
4. Join facebook groups around the study of these books.
5. Apply what you learn to your daily life from the book.
6. Reflect on what the book is saying and how you can apply what you are learning to your life.
7. Learn the definitions of words, oftentimes I thought I knew the definition of particular words but did not. It helped me fully understand the material.
8. Journal or write key takeaways from the book
9. Have an open mind when reading new books, take away what resonates with you and leave behind what doesn't. Don't limit yourself to reading books that keep you within your comfort zone or your belief system.
10. Revisit a book that really resonated with you. Read it over and over. Every time you will find a new message, a new lesson.
11. Listen to podcasts with the Author of the book, watch YouTube videos about the book. There are so many free resources available at this time, use them.





“Make peace with the mirror and watch your reflection change.” ~unknown

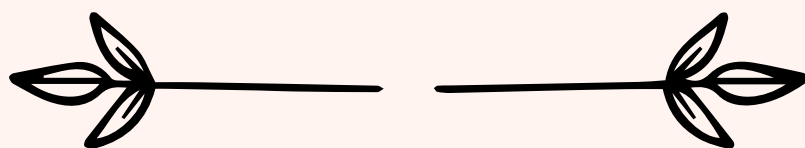
This is one of the easiest ways to create change in your life. Mirror work is a simple practice created by transformational teacher Louise Hay. In her book *Mirror Work: 21 Days to Heal Your Life*. She states “mirror work can help you build the most important relationship of your life, your relationship with yourself.”

Mirror work can help improve self esteem, strengthen your connection with yourself, heal your inner child, and learn to love the amazing person you are!

The point of this exercise is to help you change your negative thoughts to positive loving thoughts. To take the time daily to speak kind loving words to yourself. To give yourself all the validation you need. You become your own cheerleader. At first you may not believe what you are saying but over time, with consistent practice you will start to believe them.

This practice will help you shift your negative false beliefs into loving uplifting thoughts and beliefs.

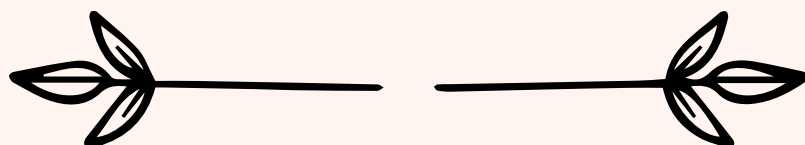
Everyday, as often as you can remember, look deep into your eyes and say I love you. Even if it feels uncomfortable or you feel stupid go ahead and look yourself in the eyes and say [name], I love you. I really, really love you.



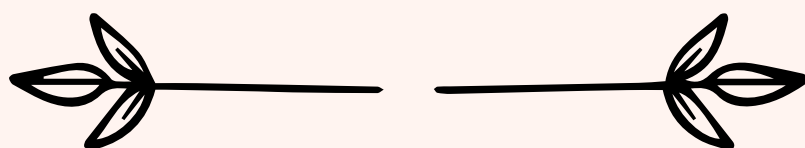
Mirror work is a great way to start and end your day. I recommend adding mirror work to an existing habit, for example, you can do this in the morning while brushing your teeth, doing your hair or plucking your chin hair :). It is helpful to place a sticky note or write a note on your mirror with a dry erase marker.



Pay attention to what comes up for you. Over the course of the 100 days many emotions may come up for you. One day you may feel compelled to say I love you , I forgive you , I am proud of you. Another day you may feel the need to say I love you, I am doing my best, I am enough. Just trust what comes up for you.



As you look in your eyes and say those words you will hear a soft internal voice that will guide you. For some people it is too difficult to start out saying I love you. If this is the case for you try saying I want to love you. I want to really learn to love you. I hope that you will practice this for 100 days and see how amazing and life changing this simple tool is.



Also, if you are unable to say I love you while looking in your eyes then try something you are more comfortable with. I am willing to learn to love you, I want to learn to love you, I am trying to learn to love you. Just start where you can, overtime this will get easier for you I promise.



Important things to remember:

This is only a few of the many things I have done to go from hating my self to actually liking myself. I also understand that all this information may seem overwhelming. So below are a few things to remember.

Healing is a process, you take a few steps forward then a few steps back, but with self compassion and consistency you will start to notice a change.

Celebrate your wins no matter how small they may seem, progress is progress.

You are a powerful, lovely, perfectly imperfect being.

Celebrate the fact that you are already taking the right steps, you are spending your time seeking, learning, wanting better for yourself.

Pick one tiny thing you can commit to daily, do that one thing for 100 days daily and experience what it means when I say small hinges open big doors.

Now go look in the mirror, smile, give yourself a high five and say "I got this"

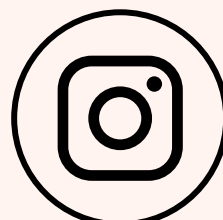
Journaling Prompts



- What is the smallest step I can take to move me in a new direction?
- What am I afraid of? Why?
- What is the worst possible outcome that will happen if I start to face my fears? What is the best possible? Which one is most likely to occur?
- What beliefs do I have about myself that may be hindering my growth? At what age did I develop that belief? Is that belief still true today?
- Where are my daily actions leading me to?
- What type of thoughts do I normally think? Positive uplifting, encouraging thoughts or low energy negative thoughts? How has this worked out for me?
- What role have I played in failed relationships?
- List 5 things you are proud of yourself for.
- What obstacles have you overcome in the past 5 years? 10 years? 20 years?
- What advice would I give my younger self?
- Do I believe I am worthy of love?



Follow me on



You got this I promise!

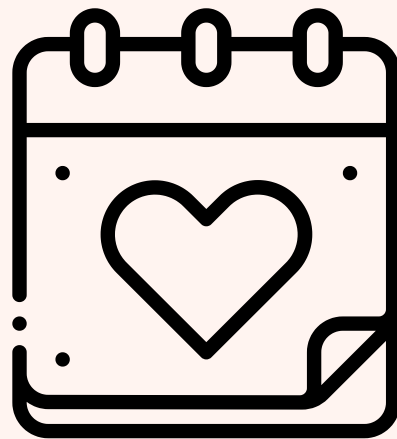


If you are ready to start enjoying life again,
rediscover who you are and feel more confident I got
you!

Say yes to yourself and start creating the life you
have been dreaming of.

Book a free transformational discovery call with me
today to get started!

*click
here!*



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