

Create Self Love

For 2 weeks, answer these 4 questions.

1. What stories do you tell about yourself?
2. What do you make those stories mean about you, the core of who you are? (example:
Are you a failure or did you fail?)
3. Where are you keeping yourself in the loop of suffering?
4. Change negative self dialogue.
"I yelled at my daughter because she took 40mins to put on her shoes. I am a terrible mom. Good moms don't yell at their kids! Change this to: "I yelled at my daughter because she took 40 min to put on her shoes. I am still a good mom. I don't want to yell anymore, what are ways we can adjust our morning routine?"

Notice what feelings come up for you when you make this shift. If you feel a sense of relief or lighter or just a little less "icky" then you found a new sentence to repeat to yourself that creates a more loving relationship with yourself.

