

Love Yourself

Tools

Workbook

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She's Got Passion
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Compassion Exercise

Write down what is it you don't like about yourself in the left column. And in the right one write down what kind words would you tell somebody who is experiencing this. Then say those words to yourself. You deserve compassion just like everybody else.

My situation

What do I need to hear, right now

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2

3

4

5

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7

Validating Disowned Parts of You

I disowned this part of myself

Why I did that

How can I honor that part of me today

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Radical Self Forgiveness Process

Please, write down 1 thing you have to forgive yourself for. Then state a reason: why do you want let go of your guilt about this. Then make a commitment to let go of your guilt by writing, YES. Then begin the self forgiveness process.

1 What do you feel guilty about?

2 Why you want to let go of your guilt about this?

3 Are you 100% committed to let go of this guilt?

Now write a story about your guilt, when it started, what you do to yourself to manifest that guilt, all the facts and details about your situation. Write this guilt story on the piece of paper, like a letter to your Inner Critic (somebody in your head you talk to when you justify or explain yourself).

Now rewrite this story, so it will empower you instead of weigh you down. Begin with the facts, then tell how you feel about this guilt. Then write how this guilt affects you right now. Then write about you firm decision to let go of this guilt and why. Then tell the Inner Critic to back off (you can use explicit language to describe what you think about him/her). Then state how you feel being liberated from the burden of your guilt.

Then I want you to burn/permanently destroy the first letter.

Then take a long cleansing shower or perform another energy cleansing ritual you know.

Congratulations, you are free to go!

Self Talk Correction

In the left column, please, write down at least 10 most frequent negative things you say to yourself, and in the right one, please, flip the statement around and write it down

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Emotional Freedom Technique or Tapping

Please, tap on your crate chop point to establish how you feel right now and how do you want to feel ideally.

Then begin tapping on your first point between the eyes, then on your temples, then under your eyes, under your nose, on your chin, on your chest, on the top of your head.

Continue tapping and saying how you feel out loud until you feel better. You can tap for as little as 2 minutes and as long as for an hour. Typically I ask my clients to tap for self love at least 10 min per day, and if they are undergoing big emotional issues for 30 min 3 times per day.

This is an example of a tapping script you can use to learn tapping for self love.

I want my body to serve me well, keep healthy and fit, and full of energy!
I need my mind to be here and focused on what I want to feel and how I will achieve it! I need my heart to be positive, feel the feelings and enjoy being me any time.!

I need my body to do the work that I'm doing, helping people, helping myself!
I know how important it is to be healthy and loving myself and full of energy!
I want to do big things and therefore I want to generate a lot of energy!

I wonder why I wasn't so good at loving myself before,!
I wonder why I didn't keep up my good routine,!
it doesn't matter why actually!
the main thing is!
I forgive myself for taking a break!
and now I am back on track with looking after myself!

I know how important it is for me now!
I know I want to generate much bigger energy level!
and for that I get to look after my body!
giving my body a very special attention!
I know doing that will affect my career and my relationships!
And I deserve to have a huge breakthrough!
I know I will have it!
I am sure!

And sometimes when I feel insecure or tired!
I will forgive myself for that!
and just keep up the good routine I established!

I don't have to think about it!
I am just doing it!
and results are showing up!
for me!
for my highest good!
and for the highest good of everyone.!

Take a deep breath...and let it go...enjoy!

