SELF-LOVE

Getting to know you!

THE FIRST STEPS

CAROLINE BACK

Hypnotherapy

SELF-LOVE

Questionnaire

	Yes	NO	Dunno
I put others needs before mine even if it negativly impacts me	☐	☐	☐
I value myself by what others think of me	☐	☐	☐
I feel good about myself when I look in the mirror	☐	☐	☐
I can't handle criticism and always take it personally	☐	☐	☐
I am lovable and deserve a great relationship	☐	☐	☐
I'm hard on myself and find it difficult to forgive myself for mistakes	☐	☐	☐
I find it easy to say no to people when I don't want to do something	☐	☐	☐
I listen to my gut and trust my decisions	☐	☐	☐
I feel good when someone compliments me and I say thank you	☐	☐	☐

Self-Reflection

How do you feel after answering the questions, did any surprise you?
Write down your thoughts below.

If this has bought up any uncomfortable feelings in your body, now is the time to listen to the recording.

Self-Reflection

Now pick one of the questions that really hit home. Write this down is the section below.

Today I recognise that

is a problem for me. I choose to take steps to work on this because I deserve to feel good about myself and am worthy of a happy life.

Is this something that you can work on? Is it something that you may need to reach out and ask for help with?

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GETTING TO KNOW YOU

WHAT ARE SOME THINGS THAT TRULY MAKE YOU HAPPY

MAKE A LIST OF THINGS THAT MAKE YOU FEEL CALM AND RELAXED

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GETTING TO KNOW YOU

MAKE A LIST OF THINGS YOU LIKE TO DO FOR FUN

MAKE A LIST OF THE PEOPLE WHO MAKE YOU FEEL GOOD ABOUT YOURSELF

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GETTING TO KNOW YOU

NOW THAT WE HAVE THESE WRITTEN DOWN, LETS DO SOMETHING WITH IT.
I WANT YOU TO PICK TWO THINGS FROM EACH LIST THAT YOU COULD FIT INTO YOUR DAY - WRITE THEM BELOW.

- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○
- ○

SELF-LOVE

WHOS JOB IS IT TO MAKE YOU HAPPY?

AS YOU KNOW, LOVE IS A DOING WORD AND SELF LOVE IS SOMETHING YOU CAN CHOOSE TO DO EVERY DAY.

THE MORE YOU GET TO KNOW YOURSELF AND WHAT MAKES YOU FEEL HAPPY AND CONNECTED, THE MORE YOU CAN INCORPORATE THOSE THINGS INTO YOUR LIFE.

NOW THAT YOU HAVE A LIST OF THINGS THAT CAN BE DONE DURING THE WEEK TO MAKE YOU FEEL GOOD, MAKE A CONSCIOUS DECISION TO DO TWO EVERY DAY.

PUT THE TIME AND EFFORT INTO YOU.

KEEP ADDING TO THE LISTS, YOU WILL BECOME MORE AWARE HOW THINGS MAKE YOU FEEL. WRITE DOWN THE GOOD STUFF

The most important relationship I will ever have, is the relationship with myself. I choose to value myself and do things everyday to make myself feel good.

SELF-LOVE

BONUS

50 things you can include in your life to help you feel great.

1. Take a few deep breaths
2. Go for a walk in nature
3. Make a healthy meal
4. Do some yoga
5. Spend time with friends and family
6. Meditate
7. Read a good book
8. Take a relaxing bath
9. Write in this journal
10. Get a good night's sleep
11. Take some time for yourself
12. Do something you enjoy
13. Give yourself a compliment
14. Listen to soothing music
15. Spend time in prayer or reflection
16. Connect with loved ones
17. Make a vision board
18. Exercise
19. Take a break from electronics
20. Drink lots of water
21. Plan a fun activity for the future
22. Do something nice for someone else
23. Visit a new place
24. Learn something new
25. Try out a new hobby
26. Volunteer your time
27. Spend time with a pet
28. Take care of your physical space
29. Connect with nature
30. Do some deep breathing exercises
31. Practice self-compassion
32. Make a list of things you're proud of
33. Dance around
34. Play a game
35. Get outside in the sunshine
36. Stretch your body
37. Connect with your spirituality
38. Forgive yourself
39. Make a list of things you're grateful for
40. Do something to make someone else's day
41. Tell yourself a positive affirmation
42. Give yourself a hug
43. Drink herbal tea
44. Spend time in silence
45. Wear comfortable clothing
46. Plan a trip
47. Do something creative
48. Cook your favorite meal
49. Spend time outside in nature
50. nurture your plants