

A Guide to Self-Love

Useful Tips and
Practices



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Starting Out

Self-love, self-improvement, self-confidence, self-esteem, and many more. The reason they all start with "self" is simple – you can't find them in anyone else but you. In essence, you won't find love in anyone else until you start to practice self-love.

Self-love is a simple and inexpensive way you care for your physical, emotional, and mental health. It borders on everything you do to be the best version of yourself.

However, to fully understand what it means to love, you must be willing to accept everything you don't like about yourself. Apart from this, it also means ensuring your happiness and well-being.

For many people, the concept of self-love is relatively new. This is why we have put together this guidebook – to help you understand that:

- You can be selfish with your needs without being a narcissist.
- You can prioritize yourself without settling for less.
- You can treat yourself with the same grace and kindness that you extend to people.
- You can care for yourself the way you would for other people.

We have collected simple steps and actionable plans to help you on your journey to self-love. These principles are easy to apply to daily activities, and we will guide you every step of the way.

Resolatty Team

Be your loudest cheerleader

You can be your loudest cheerleader even if society says otherwise.

When you think about it, nobody wants to become their own worst enemy. However, myths and societal stereotypes often leave you measuring your worthiness based on your position or evaluating yourself based on some ridiculous criterion. So, let's start by clearing some myths and realigning your perspective.

Myth 1: Self-compassion is ignoring reality. What you deny or ignore, you delay. However, what you accept and face, you conquer. The very first step to change after awareness is acceptance. In essence, your life will not get better by ignoring reality. Instead, it will get better when you accept your reality and learn from your mistakes.

Self-compassion does not mean ignoring and denying the unpleasant parts of your life or experience. However, it means embracing the positive and negative with love and care. By doing this, you won't be hard on yourself and won't be bothered about what anyone has to say about it.

Myth 2: Self-compassion is self-pity. They both start with "self." However, they are not the same thing. Why? Self-pity is more about basking in your suffering and insufficiency, whereas compassion leads you to help yourself out of a situation.

Self-pity is an emotion – one that you can only attract to yourself. However, self-compassion is an emotion and a virtue. It means you have forgiveness and empathy, and you are willing to be kind to yourself.

Deep down, we know that we need to love ourselves more. But to be fair, sometimes, past and present circumstances or even thoughts of the future hold us back. In the world we live, it is considerably easy to be caught up in a vicious cycle of criticism and judgment.

Self-love teaches you to accept, validate, and retain your feelings and experiences. Instead of shrinking at every thought of criticism and judgment, you can learn to accept your imperfections with patience and understanding.

01



Positive self-talk. How to start?

Self-talks are internal narratives that you hold about yourself. Narratives that if you spend too much time thinking about will influence you and your view of the world. By implication, self-talks can either be negative or positive.



Negative self-talks focus on preconceived ideas that you are not good enough and a failure. Needless to say, it is wrong and fuels negative feelings. On the other hand, positive self-talks are about showing more understanding and compassion for who you are and the processes you are going through.

Negative self-talk usually falls into any of these four categories:

- **Personalizing.** For this stage, you will always blame yourself when things don't go as planned.
- **Polarizing** leaves no room for a middle ground. You either see things as bad or good.
- **Magnifying.** You focus on the negative and bad in every scenario and not on anything positive or good.
- **Catastrophizing.** You always expect the worst.

When you talk to yourself, the goal is not to deceive yourself with inaccurate thoughts. Instead, it is about switching the narrative into a more forgiving one.

Positive self-talk is the form of inner dialogues that offers a mindful way to positivity. By configuring the dialogues that go through your head most of the day, you can subconsciously offer encouragement, understanding, and support for yourself.



Compassionate and self-talks alter your responses to change.

For example, instead of ignoring an unpleasant event or resisting its effect, you can relive the moment in your mind and surrender to what you are feeling. By responding to these feelings, you will react less and enjoy more clarity and calmness.



To have a conversation with yourself, the talk must be non-judgmental, unconditional, and self-compassionate.



How to use positive self-talks

Recognize and accept your emotions

It's true that no one is or can be happy all the time. You can't guarantee to be the best version of yourself every day. After all, self-love means holding yourself to a reasonable standard. As a result, you must acknowledge that it is okay to have a bad day and that some days will not be as good as others.

You must check-in with your emotions so that you can accept them. For example, don't act like everything is fine when you know things are not fine. Don't say "it's nothing" or "I'm fine" when it is clear something is wrong. It is a game you will lose. Instead, accept your emotions so that you can plan and act accordingly.

Acceptance is key to checking in with your emotions. Cut yourself some slack and take a downtime. Understand how your routines, habits, and actions affect your mood.

This way, you can find a positive way to switch things up and regain control. Self-care is a balance of forgiveness, kindness, and good habits tailored to improving your mood.

Keep a worksheet

Like journals, you can also use a worksheet to channel positive self-talks. You can be flexible about the type of worksheet to keep depending on the aspect of life you want to improve. For example, you can keep a self-esteem worksheet so that you can focus more on inspiring behavioral changes.

Create different tables that will encourage you to either think positively about your life or improve self-talks.

For example,

Table 1: Today, I felt proud of myself because I...

Table 2: One unique thing about me is that...

Table 3: My biggest win this week was...

As many as you want.

Or,

Situation: I will need to speak to someone new.

Negativity: I don't look attractive enough, and they will avoid me.

Positivity: I am an interesting person about to converse with another interesting person. Who knows, maybe I'll even make a new friend.

You can create a list of situations for yourself and how you will respond in such situations.



Practice

Talk with yourself like you talk with someone you love. When you are going through a tough time, take it easy on yourself. Now, the essence is not to pretend as if reality does not exist. Instead, understand you are human like every other person in the world. As a result, you deserve to show yourself some self-kindness.

For example, when you are dealing with depression and anxiety, say something like:

"Yes, I am having a hard time right now. However, this is all part of life. I am not alone in my pain. So, it is okay to be sad. However, I can do something great for myself. I deserve all the love and affection in the world."

When you are dealing with anxiety, say something like:

"I am feeling intense anxiety just like the rest of the world. So, I am not alone. Regardless, I permit myself to take a break until I figure this out."

Notes

(Feel free to write down the thoughts and feelings you have):

02



Positive daily affirmations

Sometimes, compassionate self-talk may appear like a general view. However, to break it down into a more actionable plan, try positive daily affirmations. As the name implies, it means telling yourself about how awesome you are – daily.

Positive affirmations are positive statements and phrases that you repeat to yourself to challenge unhelpful and negative thoughts. It can either be to motivate yourself, improve your mood, or boost self-esteem. When you are unconsciously caught up in negative self-talk, you can use positive affirmations to form a new narrative and replace these patterns.



To understand how positive affirmation works, you must understand self-identity.



Self-identity is not about a strictly-defined and rigid self-concept about yourself. Instead, it is more about a flexible and capable personality that can adapt to different circumstances. So, instead of viewing yourself in a fixed way, you can adopt different roles and define your success in different ways. You can also view different parts of your life positively and respond to situations better.

Self-identity naturally drives you to act authentically. For example, you won't change your lifestyle because you want people to praise you and receive such praises. Instead, you deserve commendation for acting in a way that is consistent with your value.

Positive affirmation examples

- I am a successful person.
- I trust my wisdom and believe in myself.
- I am confident in my skills and in what I am capable of doing.
- Nobody but me decides how I feel.
- I rise above negativity because I am brave, strong, and resilient.
- By keeping my mind sane, I bring happiness to others.
- My body is amazing as it is, and I accept myself this way.
- If a few people don't accept me, I am okay with the ones that do.
- My anxiety does not control my life. I do. As such, I liberate myself from judgment and fear.
- These are only my thoughts; only I determine how I choose to feel.



How to draw up positive affirmations

Say anything that makes you feel good

Positive affirmations are not mantras. They are not sacred words without apparent verbal meanings. On the contrary, daily affirmations are just phrases designed to encourage happy feelings, positive thoughts, and the right attitude. So, say whatever makes you feel good.

If you have identified an area of your life where you need positive affirmations, come up with phrases and sentences that encourage positivity. Then, repeat them daily. For someone struggling with depression, you can say, "I have come this far, and I am not afraid to keep going. I believe in my abilities, and I am proud of myself."

Let it focus on specific areas

You will make more progress when your daily affirmation focuses on specific and different areas of your life. For example, you can draw up healing affirmations to build your self-esteem, or affirmations to improve depression and anxiety.

Use positive affirmation cards

Journaling helps you track your emotions. Just like you would journal your thoughts, write down your positive affirmation. You can even make your personalized affirmation cards and carry them with you everywhere you go. Cut a piece of paper to fit your pocket, bag, or wallet, and use it as a reminder when you are outside.

Record and listen or download and listen

You can listen to affirmations in audio formats when you are out and about. Although there are numerous audio versions for download, you can also record your own and play at will.



Practice

Write down 10 affirmations for yourself.

Here are a few examples you can work with depending on the category you fall into.

- Write positive affirmations for your role as a man or woman: "I accept and love myself completely and thoroughly," "With courage and hard work, I can do anything," etc.
- Write positive affirmations for your teens or kids: "I am a capable learner," "If people don't accept me, I won't mind," etc.
- Write positive affirmations to relieve anxiety: "I control my life, not my anxiety," etc.
- Write positive affirmations for depression: "These are just thoughts. They don't determine how I feel," etc.
- Write positive affirmations to build your self-esteem: "On this journey, I continue to grow and develop," etc.
- Write positive affirmations to use at work: "I do my best, and that's enough," etc.

My Positive Affirmations

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

How did it feel writing it down?

03



Expressing gratitude

Gratitude goes beyond saying thank you for something. Besides the action, gratitude affects your mental and physical well-being. Gratitude offers a positive compound effect that trains your brain to be more positive. It also leaves you more satisfied with life and generally happier.

When you live a life full of gratitude, you will easily notice and celebrate small wins. Thankfully, it is fairly easy to build capacity for showing gratitude. It's quite simple – all you need is practice. When you constantly bring your attention to the things you feel grateful for, you will notice those things more.

An example about how attention works.

Has this ever happened to you before? You say to yourself one day, "Well, it seems red cars don't pass by here a lot." That very day, you will discover and notice more red cars than any other previous day. Why? Because you brought your attention to it; hence, you noticed it more. Red cars didn't just start passing by the road. You just started noticing them. Try it if you never have. You'll see.

How to practice gratitude?

Keep a gratitude journal

An effective way to cultivate gratitude as a habit is to start a gratitude journal. When you write down things you are grateful for at the end of each day, you train your brain to respond to more positivity and increase the feelings of happiness.

For your gratitude journal, you can write about someone you are grateful for or the things, situations, or people you are grateful for. When you find at least one thing to be grateful for each day, you will shift into a loving place.

Use visual reminders

Lack of mindful awareness and forgetfulness often leads to ingratitude. You can use visual reminders as cues to trigger thoughts of gratitude. For example, you can reflect on what someone did for you, how it made you feel, or what you did for someone.

Use body language

Grateful motions include saying thank you, smiling, and even penning letters of gratitude. You also need to watch your language to focus on the good things people have done for you. Get set for practice on writing a letter of gratitude later.

Gratitude to yourself, to friends and colleagues in your workplace, and families improves your self-care. This is because the process usually involves reflecting internally to know if you gave, received, hurt, or were hurt.



Reflection grows feelings of gratitude. It also increases your appreciation for others.

Benefits of gratitude

- Gratitude reduces rumination and depressive symptoms.
- Gratitude improves sleep quality, energy and reduces cellular inflammation.
- It strengthens relationships, increases satisfaction and prosocial behaviors.
- It also encourages humility, patience, and wisdom.
- Increases general satisfaction with life and makes you less materialistic.

Practice

Write a letter to a person you are thankful for and send it to them.

A writing practice area consisting of 18 horizontal lines. The lines are evenly spaced and extend across the width of the page. At the bottom of the page, there is a decorative border featuring various sizes and styles of stars, including solid grey stars and white stars with black outlines, scattered across the bottom edge.

04



Working on your self-esteem

Improved self-esteem helps you tap into what it feels and looks like to be loved. Self-esteem won't have you seeking validation from anyone, and you won't compare yourself. It also helps you realize that you write your story of life.

Tips to improve your self-esteem

Look after yourself

Get creative and look after yourself. Regardless of the obligations, don't stretch yourself thin between work and daily life. Instead, take some time off and engage in mindful activities that help you relax and check in with your emotions.

Make your body happy

How you feel about your body affects how you feel about yourself. So, to feel energized, you must feel great in your body.

You can start with:

- Practicing mindful eating
- Getting enough sleep
- Practicing mindful exercises like yoga or meditation
- Spending time outside your home doing something fun
- Avoiding alcohol and recreational drugs

Surround yourself with good people who make you feel loved

A network or support system of people affects how you feel about yourself. As a result, you must be intentional about your friends. Make connections with people who share your experience. They will understand you without judgment and even encourage you to be a better version of yourself.

Notice good things about yourself

Celebrate your wins regardless of how small they seem. When you notice you have done something well, take time to praise yourself. Also, accept compliments without a doubt. Write down a list of the things you like about yourself without putting much weight on the negatives.

Challenge yourself

Do things out of the ordinary that you enjoy.

For example:

- Try volunteering.
- Take up and hobby.
- Have fun and enjoy yourself.
- Set a new goal.
- Get to know yourself.

Be kind to yourself by letting yourself have feelings

This way, when unkind thoughts creep out, you won't put yourself down. Say positive things to yourself and give yourself time to adjust.

- Set boundaries, and don't overstretch yourself.
- Practice saying no.
- Give the processing time.

Practice

Write 5 things you like about yourself. While at it, remember that you are unique, both inside and outside. Therefore, consider your personality, your behavior, and how you treat others. Then, write down 5 things that you like about yourself.



1.

2.

3.

4.

5.

05



Minimalism and mental health

Minimalism is the intentional removal of all physical items that don't help create the life that you desire. By reducing certain possessions, you will get rid of your distractions and improve your life.

You can also focus on another sub-category of minimalism called essentialism. Essentialism focuses on quality and not quantity. This principle prevents attachment to valuables and building clutters that can affect your daily life.

There is a point where you move from sentimental possession to hoarding. For example, when you stash away everything you have ever touched or bought, it is hoarding. Sadly, it accumulates into a pile and creates intense displeasure.

Too much clutter lying around your home or office will slow down productivity and make simple household tasks more difficult.



Benefits of decluttering

Reduces anxiety and stress

A cluttered home overwhelms the brain with excess sensory information. This can increase stress levels, irritability, and a sense of shame and embarrassment in front of guests. A cluttered home is synonymous with a cluttered mind. Plus, the inability to locate something amongst the piles of things you own can also lead to stress. By decluttering, you will reduce anxiety and stress.

Improves your sleep

The brain mentally processes external stimulation of the clutter lying around in your bedroom. This makes it difficult for the mind to settle for a good night's sleep. You will sleep better when there is less clutter around you.

Easy cleaning

The fewer things you have around, the easier it will be to navigate and clean your home. Decluttering helps you organize, tidy, and clean your home.



Improves creativity and productivity

A tidy space boosts concentration for more productivity and creativity. Without clutter, your head is clear, so you can think about what to do without distraction.

Helps you discover lost treasures and save money

You will find lost items you have given up on when you declutter your home. Apart from this, keeping a minimalistic home means you won't let the clutter build up again. By implication, you won't need to buy the things you can do without again.

Improves overall health

Dirt, dust, and allergens accumulate in places with clutter. Decluttering improves airflow around the home and gets rid of dust or anything that can compromise your health.



06



What does social media do to our mental health?

For many of us, social media grants feelings of connectedness. However, excessive social media use can fuel your feelings of isolation, depression, and fear of missing out.

More than half of the world's population is on the internet. Between regular phone calls, emails, texts, and notifications from different social media sites, it can be challenging to keep up with all your inputs. So much that you almost can't go more than 3 hours without checking your phone.

Although there are many positive sides to staying online, there are also a lot of negative effects social media has on kids and teenagers. For example, cyberbullying like body shaming has led to depression for some media users. It is a world where a comment from a stranger from the end of the world can affect your perception of self-worth and importance.

While the purpose of the media is to connect people, it sometimes has the opposite effect. For example, it is not strange to report feeling socially isolated even though you spend most of your time online. Continued heavy use of the internet has also led to feelings of loneliness, anxiety, depression, negative body image, and sleep deprivation.

So why do we keep making the same mistake?

Simple, the mental effects of social media are more impactful than the physical effects.

It is addictive

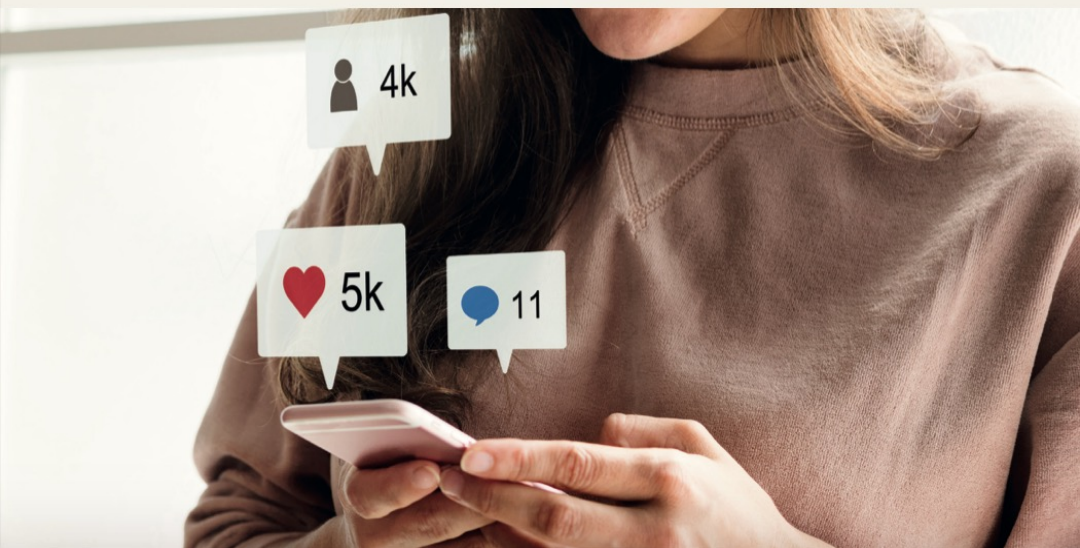
Social media is open 24 hours a day, 7 days a week. This is the most crucial reason why it is not so great for your mental health. Like a drug of choice, social media addiction is common among people who use the networks excessively. As a result, it often comes with neglect of personal life, mood swings, mental preoccupation, and concealing addictive behavior.

Unhealthy mental comparison

The comparison factor is another negative effect social media has on mental health. For example, manipulated images online can make you feel insecure about what is going on in your life or how you look. It also triggers feelings of dissatisfaction and envy.

Self-absorption

Sharing various and limitless innermost thoughts on the media can create a distance from you and your real-life connections. Sadly, more friends on social media do not mean you are more social. Most times, these friends are not even real friends. Too many virtual friends can often leave you drained and disconnected from real friends.





For many, social media is a security blanket from awkward and lonely social situations.

This is how you will know that social media is adversely affecting your mental health:

- When you spend less time with real-world friends and more time on the social media
- Unfavorable comparison with others on social media
- Cyberbullying – either you are the bully, or you are being bullied
- Distraction from school or work
- Little time for self-reflection
- Insufficient sleep
- Risky behaviors for gains and likes
- Worsening symptoms of depression and anxiety

Practice

Carry out social media detox day.

Social media detox is consciously eliminating using social media for a period. It can be for a day or more. Unplugging yourself from the machines and media reduces stress, improves your relationships and productivity. Social media detox is just like unplugging – giving your system time to adjust and make a better comeback to prevent shutting off completely.

Social media downtime targets reducing your online presence and your time online. You can also reduce the time you spend on your phone.



For example:

- Turn off your phone at certain times of the day.
- Disable some social media notifications.
- Don't bring your phone to bed, lunch, or party.
- Remove some social media apps from your phone.
- Limit checks and track your media time with an app.

You can be flexible with how you want your social media detox day to be or the pattern to follow. But more importantly, the goal is to distract yourself from the real distraction – social media.

Notes

(Feel free to write down the thoughts and feelings you have):

07



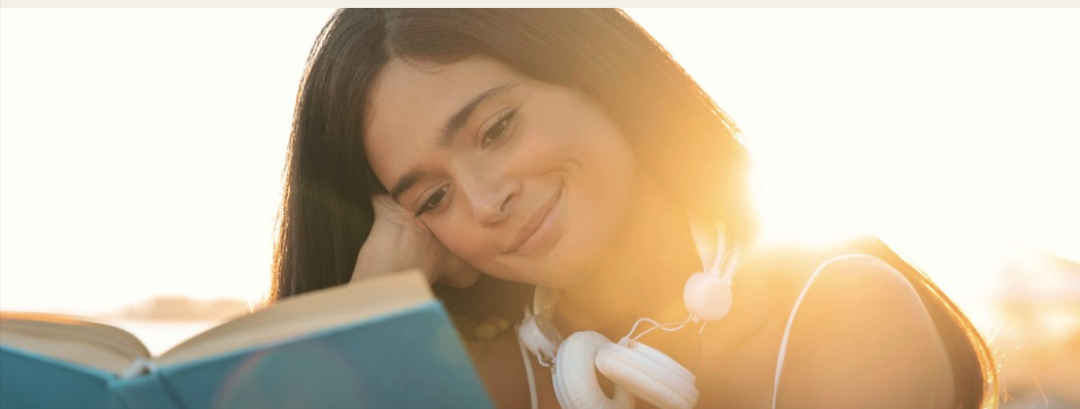
Different types of self-care

Every day, we go through a lot of stressful activities. Sadly, all activities that aim to relieve stress won't help if you don't practice self-care. For example, exercise won't do much good if you don't get enough sleep. Why? Because you neglect another crucial aspect of personal well-being while taking care of another.

In simple words, self-care means taking care of yourself to stay healthy, do your job efficiently, and care for others. It encompasses all conscious acts you take to promote your emotional, mental, and physical health.

Self-care is a multi-facet subject as it can be in many forms. Self-care means engaging strategies and processes to promote well-being and functioning. Also, it is personal. Self-care is not the same for everyone.

In our world, where stress is almost a natural occurrence, you need self-care to build resilience toward life stressors. That's why we all should view self-care as a priority rather than a luxury.



Physical self-care

These are all activities that you do to improve your physical health. Physical self-care allows you to stay healthy and fit and provides enough energy to get you through your commitments. It also includes how you fuel your body and take care of your body.

For example:

- Adopting an exercise routine
- Prioritizing sleep
- Taking a walk during breaks
- Staying hydrated
- Getting a massage or dancing to a song



Physical activities that will enhance your well-being must make you feel happy, balanced, and calm.

Social self-care

Social self-care includes prioritizing relationships and social interactions that make you feel loved, validated, and fulfilled. Since humans are naturally social, you need regular communication with people to thrive. Hence, social self-care means engaging in activities that nurture your relationships with others.

It's true that our daily living can be overwhelming and hectic. Sometimes, we just want to cancel our plans and withdraw in our shells. Although it is okay to say "no" sometimes, social interactions are extremely crucial. To cultivate and maintain close relationships, you must put your energy and time into building a relationship with others.

For your social life:

- Attend special events of friends and families
- Prioritize face-to-face relationships
- Host an event with your friends

Spiritual self-care

Beyond day-to-day living, you need some spiritual activity that improves your life and nurtures your spirit. It can include anything that helps you improve your mental and emotional health.

For example:

- Meditate or do yoga.
- Perform random acts of kindness.
- Dedicate time for self-reflection.

Mental self-care

Mental self-care means carrying out activities that stimulate your intellect or mind. Ask yourself, when was the last time you tried to learn something? You must deliberately engage in activities that cultivate a healthy psyche and stimulate your mind.

For example:

- Read a book.
- Keep a reflective journal.
- Choose a hobby that is not related to your work.
- Solve a puzzle.
- Go to a museum.

Emotional self-care

These are actions that you take to connect with your emotions so you can process them safely and healthily. Emotional self-care determines your ability to cope with challenging feelings and regulate your emotions. It also allows you to experience different emotions with ease.

To do this, try to:

- Schedule meetings with a group and talk about work and life demands.
- Develop supportive friendships.
- Keep a journal.
- Use positive affirmations.

Financial self-care

Financial worries cause depression, anxiety, and stress. At this point, you will brood more and create more negative thoughts that will end in a negativity cycle. Therefore, financial self-care involves planning and tracking your finances to understand how to make money and avoid debt.



Practice

Write a self-care plan.

A self-care plan is a customized plan that fits your needs. It is personal, and there is no one-size-fits-all approach. The plan assesses the areas of your life that need more attention and helps you shift as the situation changes. When you discover an area of your life that is lacking, create a plan to change it.

Self-care plans include what you want to do to improve a lacking area of your life. Therefore, fill it with activities that you enjoy and support your lifestyle.

- Keep it in a visible place where you can always see it.
- Practice it regularly for consistency.
- Share with your support systems for encouragement.

Area of Self-care	Current Practices	Practices to try
Physical		
Social		
Spiritual		
Mental		
Emotional		
Financial		

08



How to start fostering self-forgiveness?

Self-forgiveness is the deliberate decision to let go of feelings of resentment, retribution, and anger toward yourself. Sometimes, we can be hard on ourselves and find it difficult to forgive our mistakes. However, what we often fail to realize is that everyone makes mistakes.

Self-forgiveness is not about pretending or letting yourself off the hook. It is also not an act or sign of weakness. In contrast, it means you accept your behavior, the result, and you are willing to move on and past it without brooding over what you cannot change.

To forgive yourself, you need to strike a balance between a positive sense of self and taking responsibility. At an equilibrium, you can reach self-forgiveness. Negative thoughts and emotions are natural responses you have when you do something bad. For example, emotions like guilt, shame, and resentment will make you feel it is your fault.

However, self-forgiveness takes you beyond the bad feelings and relieves you when the feelings have served their purpose.

Remorseful feelings should motivate you to make amends and improvements. It also helps you cultivate positive emotions like love, kindness, and self-compassion.

Accepting responsibility

Don't just put the past beyond you and move on. No. Accept what happened, be compassionate to yourself, and face the consequences of your actions. This, by far, is the most challenging stage. So, if you are constantly seeking ways to justify your actions, you need to stop and face the consequences.

Showing remorse

After taking responsibility for something wrong, it is natural to feel a sense of shame and guilt. These negative feelings are normal and healthy at this stage as they can lead to a positive behavioral change. Feelings of guilt mean you are a good person who did something not up to par. Understand that your actions don't make you an inadequate person. You are still a good person with loads of intrinsic values.



Focusing on restoration

Make amends to yourself just the way you won't forgive someone until they made it up to you in one way or the other. Earn your forgiveness from yourself. If you need to apologize to yourself, do so.

Focusing on renewal

So, you feel sorry and regretful for your mistakes. Understand why you did what you did and take steps to prevent a future occurrence. This aids moral growth and allows self-respect and self-compassion.



Disconnect your mistake from your identity.

How to start

- Identify the behavior or events that need forgiveness.
- Determine the extent of responsibility.
- Accept your mistake and give room for remorse or shame.
- Understand your feelings and thoughts without holding yourself to an unreasonable standard.
- Make amends to yourself and recommit to making choices that line with your values.
- Build up compassion and a good feeling about yourself.
- Release negative feelings toward yourself and end the cycle of self-punishment.

Self-forgiveness is not pretending that the wrong didn't happen. Instead, it is about treating yourself with compassion and validating your values.

Practice

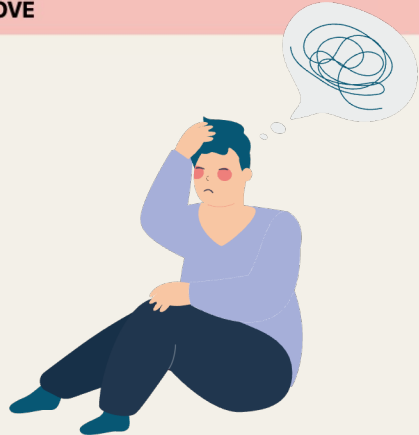
Write 10 self-forgiveness affirmations.

Self-Forgiveness Affirmations

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



09



How to stop self-sabotage?

Self-sabotage is behavior and beliefs that prevent you from achieving your goals and dreams. At its core, it involves attitudes and behaviors that don't line with your values. These behaviors ultimately interfere with achieving your goals.

Self-sabotage can be actions or thought patterns that create ongoing problems and stop you from moving forward.

Self-sabotage occurs when you destroy yourself emotionally, mentally, or physically. Also referred to as behavioral dysregulation, self-sabotage can be conscious or unconscious. It can also be in different forms. For example, self-defeating behaviors like negative self-talk, perfectionism, procrastination, indecisiveness, etc., can undermine your efforts to build the life you want.

Self-sabotage is deeply rooted in our emotional experiences. To stop the process, you must recognize triggers to transform such patterns. When you understand them, you will need to rewrite the narrative favorably.



Increase your self-awareness

Spend time to self-reflect to increase your awareness of self-sabotage patterns and thoughts. You can journal regularly to document your behaviors. This way, you can identify where the thoughts are coming from. With this, you will be more intentional about change.

Set meaningful and actionable goals

Goals paired with specific actions help you live intentionally. When you set goals, let them align with your deepest values. Then, decide steps that will move you toward your goals.

Embrace change

Positive actions that align with your goal beat self-defeating actions. Make small and incremental changes and give it time to become a habit. Then, replace self-critical thoughts with friendlier ones. You also need to develop an accepting and gentle attitude to yourself. The way to do this is to acknowledge your emotions and accept your mistakes as part of life.



Practice

Overcoming self-sabotaging may take some time and effort, but it's definitely worth doing it.

You can start by filling out the worksheet "Stop Self-sabotaging." It will help you understand your case and behavior patterns of self-sabotage.

1. What does the concept of self-sabotage mean to you?

Define it after examining your behaviors and life patterns.

2. How do these behaviors affect your well-being?

What are the long- and short-term consequences?

3. Can you identify any particular patterns?

Give some thoughts to some particular behavior you repeat for signs of self-sabotage. For example, some people self-sabotage themselves more about work than other areas.

4. What are your goals?

Think about what things you want to do differently in self-sabotaging behaviors. The more specific goals, the better.

5. How can you commit to ending self-sabotage?

To make a new habit, you need a support system that ensures accountability. For this stage, you may need to discuss with someone or a group of people who can track your progress. Also, you can set a specific time every week for self-reflection.

6. How can you reward yourself for making progress?

Remember that every little step counts. Filling this worksheet is also a step further to achieving your goals. Think of a reward system for yourself. It can be by telling your support system your progress, buying yourself a treat, or something else.

7. What will you do when you find it very hard to stop self-sabotage?

The road to a self-sabotage-free life can be bumpy, and it's okay. Have a plan on what to do when it's hard to stop self-sabotage. You can write your thoughts in the journal, chat with a close friend, write encouraging affirmations. Try as many ways as possible to see what fits you the best in difficult situations.



10

Tips for building self-confidence and self-belief

Contrary to popular opinion, self-confidence is not just about believing in yourself. Although self-belief is a necessary component of self-confidence, it does not guarantee it. More than belief, self-confidence must be evident in your feelings, actions, and thoughts.

To demonstrate self-confidence, you must feel capable and believe in yourself. However, you have to believe in your actions and words. It involves expectations from your performance and the self-evaluation of prior performance and your abilities.

You must trust your abilities, judgment, and capabilities to face everyday challenges. When you are confident in your abilities, you will bring more happiness to yourself and those around you. When you feel better about your capabilities, you will be more motivated and energized to take action toward your goals.

Stand or sit in a posture of confidence

Confident body postures have significant effects on hormones. Your posture sends a message to your brain that you can take charge of your situations. Hence, to build more confidence, assume a confident pose. For example, adopt a straight smile, sit up straight, or stand in a power pose.



Exercise regularly

Exercise releases endorphins that interact with the brain's opiate receptors. This produces pleasure and induces positivity. Regular exercise also improves your physique, how you feel, and how others see you.

Engage your senses – eyes, mouth

Visualize and imagine yourself as confident as you want. For example, you can relax your body, close your eyes, and inspire confidence. Then, let the feelings invade your mind and body. Apart from visualization, speak well to yourself. Self-approval with kindness, encouragement, and compassion will make you feel good about yourself. Don't always seek external approval.

Give the process time

Pursuing self-confidence is a process. As a result, you must give yourself time to expand your limitations. If you find out that you need help, ask for help or offer yours. Don't be scared of rejection. Understand that it is not something you can achieve in a day. Therefore, take your time to develop, build, and maintain your self-confidence.



Practice

Practice presence.

Presence or mindfulness has significant physical and psychological benefits.

Try the following:

- Take time every day to become aware of your awareness. Put differently, start observing your surroundings and yourself.
- Start with your body sensations. This includes the feelings in your legs and feet, chest and belly, neck, head, arms, etc.
- Notice how you breathe and other sensations you are experiencing.
- Use your senses – notice what your ears are hearing, what your eyes are seeing, what you taste and smell.
- Feel the quietness, energy, and noise that surround you.

Notes

(Feel free to write down the thoughts and feelings you have):

Bonus practice

A bucket list of things before you die.

Studies show that people who write down their goals are more likely to achieve them. Creating a bucket list can make life feel more meaningful.

Step 1. Specify the goals you want to achieve before you die. Ask yourself, what would you like to achieve if you had only one year to live?

Goal 1
Goal 2
Goal 3
Goal 4
Goal 5

Step 2. Dig deeper into the personal motivations for the goals. Answer questions like why is it important to you? How will it enhance the meaning in your life?

Goal 1
Goal 2
Goal 3
Goal 4
Goal 5

Step 3. Rate the meaningfulness of these items on a scale of 0 to 10. 0 – not at all meaningful; 10 – extremely meaningful

Goal 1	Goal 2	Goal 3	Goal 4	Goal 5
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

A guide to self-love

*Congratulations on successfully learning
self-love tips and practices!*

**Remember that you can't find self-love in anyone
else but yourself. Continue this journey till practices
of self-love become a part of your daily routine.**

