

## SELF LOVE EXERCISES

1. Repeat 'I am human' over and over in your head. All the time. Everywhere.
2. Give the part of your mind that criticises you a name, make it one you dislike and preferably disrespect. Whenever it speaks, tell yourself 'That's just (insert name here) dribbling crap. Shut up (name). No one asked your opinion. I actually like myself. Don't stress if you don't believe it right now. Just do it anyway.
3. Put reminders all around your house/car/work. Heart stickers, print out 20 of the same quote and stick them up, whatever will remind you to check in with your thoughts and see what voice you are listening to.
4. Create a playlist of self empowering songs and play them, and sing them, over and over. \*
5. Start a self compassion journal.\*
6. Scream at your inner negative voice to shut the hell up every time you catch it putting you down in any way.
7. Repeat any saying that works for you over and over in your head. All the time. Everywhere.\*

### \*Playlist Suggestions

I Love Me - Meghan Trainor  
Woman Up - Meghan Trainor  
Fucking Perfect - Pink  
Scars To Your Beautiful - Alessia Cara

### \*Things To Repeat

I Love Myself  
I Am Kind To Myself  
I Only Think Kind Thoughts About Myself  
My Inner Critic Is A Dickhead  
you get the idea.....

### \*Self Compassion Journal

Spend ten minutes at the end of the day reflecting on anything that made you feel bad during the day. Anything you did that you are now judging or criticising your self for. Write down how you were feeling that made you behave or respond the way you did. Then apply being human to the situation, and write what you'd say to a loved one if they were feeling shame, guilt or remorse for their actions, but direct it to yourself. If you really want to feel good about the situation, examine ways you could make up for it or make it better. Go back to the coffee shop the next day and apologise to the waitress for snapping, explain you were having a bad day and you feel sorry for your actions. Apologise to your spouse, buy them flowers, hug the kids and say dad is sorry for snapping yesterday. Flex your "Like myself" muscles by doing things that help you to like yourself.