



CHAPTER 6: SELF-LOVE



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Therapy Session Number 6

This session will help you feel so much better! Today, you will become aware of your Inner Saboteur and start loving yourself the way you deserve. Answer the following questions:

How has your Inner Saboteur prevented you from greater happiness and prosperity?

What did my story bring up for you and how does this relate to your own self-love?

How might your life look different if you embraced yourself with fierce love?

What do you think about what you just wrote? Does your relationship with yourself leave some room for improvement? Never fear! I'm here to help!

20 MINUTES



Face Your Inner Saboteur

Give your Inner Saboteur (iSab) a name and then visualize or even draw what your iSab looks like (this adds to the fun!). For a week, write how your iSab impacts you. On the last day, review your entries and respond to the following questions:

What did your iSab like to pester you about?

Did you notice any trends around the circumstances or timing of when your iSab tends to appear?

On a scale from 1 to 10, how badly do you think your iSab is hurting your mental health? Physical health? Financial health?

Now, close your eyes and imagine you are telling your iSab to quiet down. What happened when you attempted to do that? If you weren't able to quell your inner villain, have no fear. Your Inner Dream Team is here!

10 MINUTES A DAY FOR ONE WEEK MINIMUM; LIFETIME PRACTICE



Cultivate Your Inner Dream Team

Rate how your Inner Dream Team members are performing on a scale from 1 to 10, with 1 being not at all supportive and 10 being fully supportive:

Not Supportive

Fully Supportive

1 2 3 4 5 6 7 8 9 10

Positive Coach (self-affirmation)

Best Friend (self-compassion)

Loving Parent (self-care)

15 MINUTES; LIFETIME PRACTICE

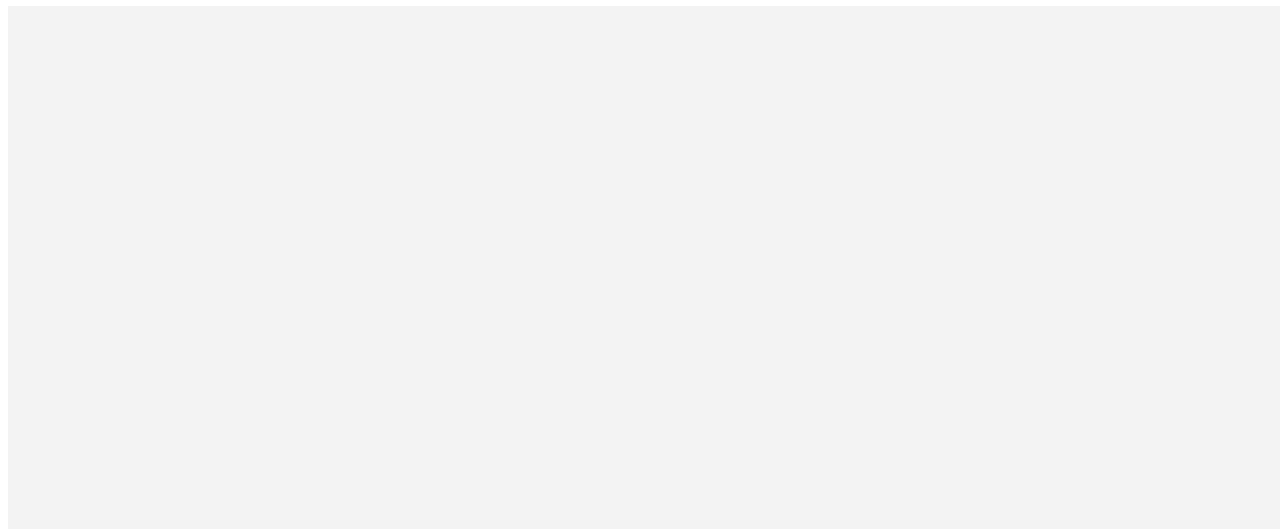
Once you've determined the role with the lowest score, answer the following questions:

Why is this aspect of inner support most challenging for you?

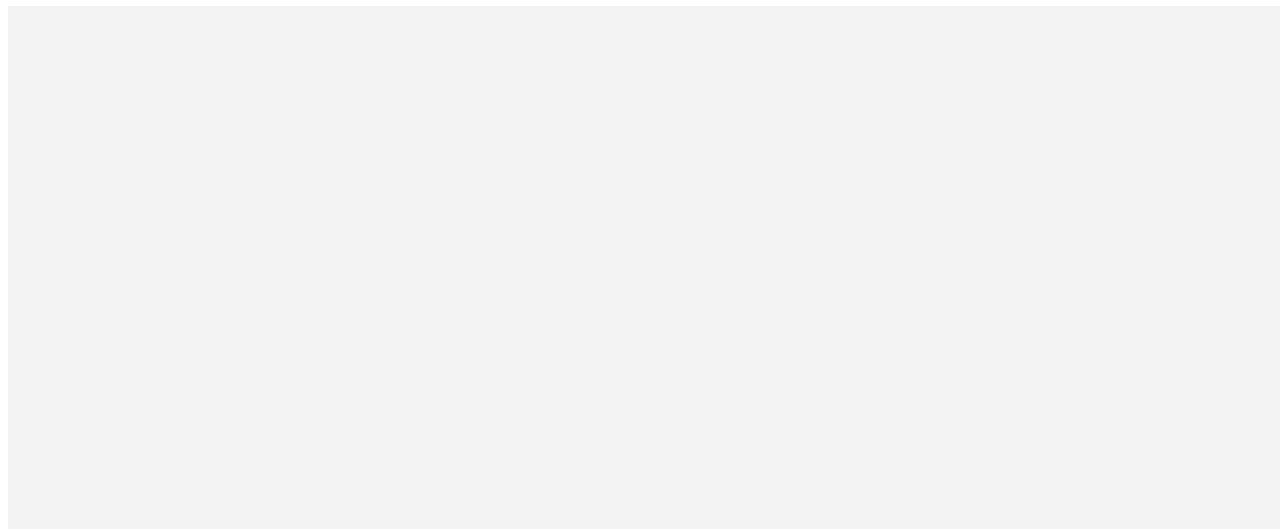
How can you increase your performance in this role?

For the next day or two, imagine that this Inner Dream Team member is right alongside you. Try to hear their voice and what they might say to support you. Then, answer the following questions:

Do you notice any benefits? For example, does your Inner Dream Team member motivate you or help you feel better?



With the help of your Inner Dream Team, did you notice a decrease in the influence of your iSab and the negative emotions it triggers?



Remember to call upon your Inner Dream Team members whenever you need them!



The Self-Love Wheel

Date _____

Rate your response after each question using a number from the following scale: Poor (1-3), Fair (4-5), Good (6-7), Prosperous (8-10)

20 MINUTES

Poor

Fair

Good

Prosperous

1

2

3

4

5

6

7

8

9

10

Self-Compassion: Self-compassion is the ability to silence your inner saboteur, practice self-forgiveness and self-acceptance, and be your most compassionate advocate. It is the opposite of self-flagellation or excessive guilt and regret—it is a mental state where you recognize mistakes, learn from them, and get back on track. How would you rate yourself when it comes to self-compassion?

Self-Affirmation: How would you rate yourself when it comes to honoring your strengths, gifts, and unique abilities and seeing all that is beautiful and good about you?

Grow & Learn: When it comes to investing in activities, classes, and independent learning to help you grow and develop, how would you rate yourself?

Nutrition: Healthy eating includes limiting sugar and processed foods, cooking at home, eating balanced meals, taking multivitamins, and portion control. How would you rate yourself when it comes to nutrition?

Hydrate: Skipping the soda and energy drinks and drinking enough water is important for good health. How good are you when it comes to hydration?

Physical Activity: When it comes to physical activity, how would you rate yourself?

Appearance: How would you rate yourself when it comes to grooming yourself with love and care and putting yourself together so that you feel like the beautiful person that you are?

Health Care: This includes annual physicals, dental care, mental health counseling, and specialty care or holistic care as needed. What's your priority when it comes to your own health care?

Moderate Substance Use: How would you rate yourself when it comes to moderating caffeine, alcohol, sleep aids, or other substances in your life?

Solitude/Reflection: This is stillness and quiet time when you can connect with yourself. How good are you at prioritizing time for solitude and reflection?

Connect to Nature: This includes connecting with the outdoors, animals, or plants. How would you rate your ability to connect with nature?

Sleep: Making sure you get enough sleep and have the ability to fall asleep easily and stay asleep is also important for good health. How would you rate yourself when it comes to prioritizing your sleep?

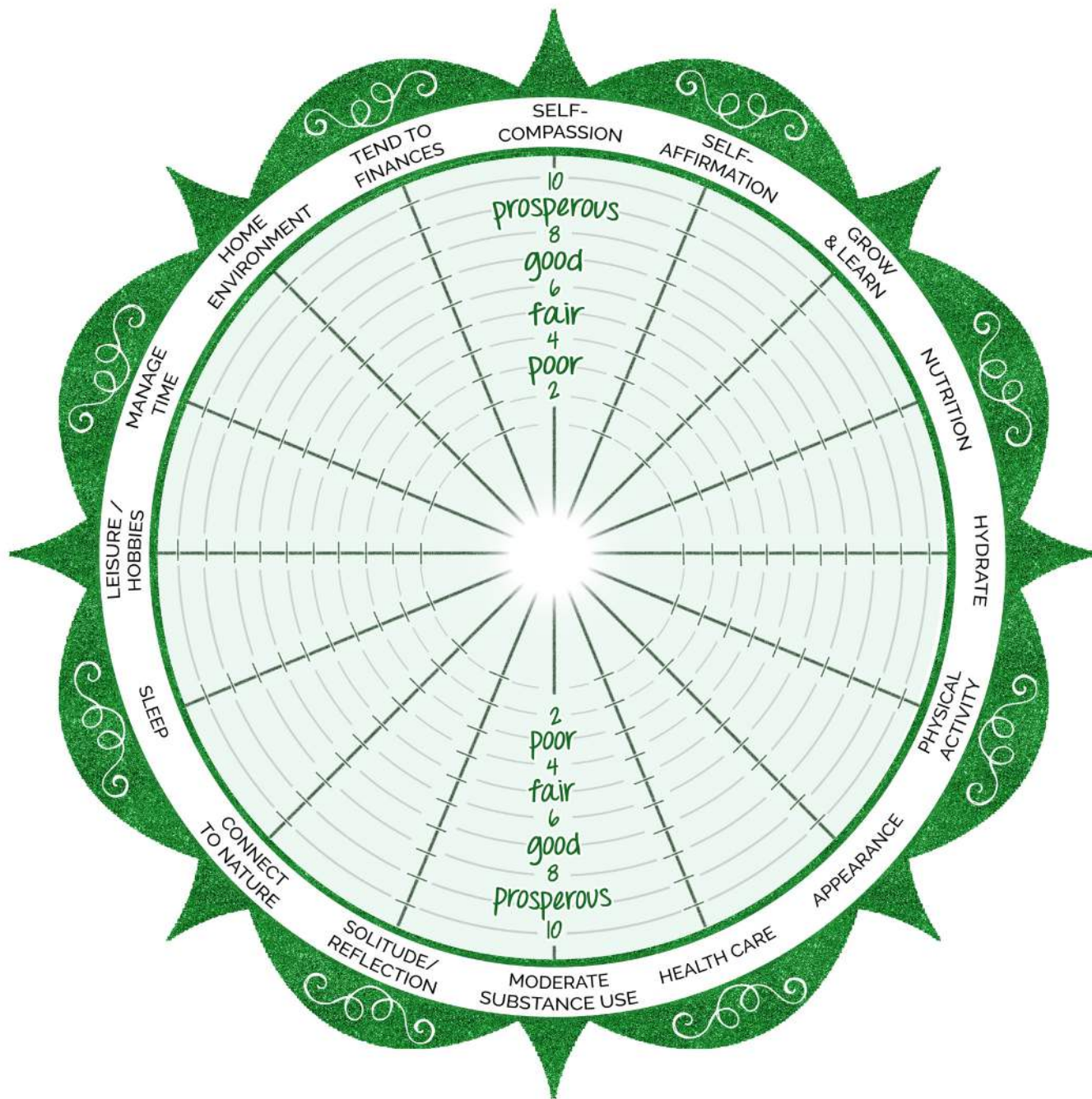
Leisure/Hobbies: It's important to relax and enjoy activities such as art, music, or sports. How would you rate yourself when it comes to making time for leisure and hobbies?

Manage Time: Time management is all about setting healthy time boundaries between your work and your personal life. Make sure to unplug from technology—turn off your phone before bedtime and during mealtimes, do not respond to work emails after work hours or while on vacation, and limit screen time. How would you rate yourself when it comes to striking a nice balance in terms of connecting with others and allowing time for solitude?

Home Environment: Keeping your home clean, organized, and functional is important when establishing a pleasant sanctuary for yourself. How would you rate your home environment?

Tend to Finances: Making sure there is a healthy balance between the flow of saving and spending, and treating yourself within your means is very important. How would you rate yourself when it comes to taking care of your financial life?

Chart your responses on The Self-Love Wheel. Start at the top: are you Poor, Prosperous, or somewhere in between when it comes to Self-Compassion? Put a dot on the spoke next to the number that corresponds with your answer. Now, continue going around the wheel and after scoring yourself on every spoke, connect the dots to create a circle.



The Self-Love Wheel

The Self-Love Wheel

Don't worry if you didn't score as well as you hoped. That just means you can look for opportunities to do better when it comes to loving yourself. Answer the following questions:

As you review your wheel, identify the three spokes with the lowest scores (the biggest dents) and list two ways you can do better right now for each spoke.

How might you create some accountability for increasing your self-love?

What are two ways to improve your financial self-care?

Consider revisiting this exercise weekly or monthly to continue to cultivate self-love and to welcome greater prosperity. Don't forget to date your wheel and file it for later reference so you can track your progress over time.