

MODULE FOUR

Stepping Stone 63

The Loving Yourself Workbook



Every day, you have a multitude of opportunities to love yourself. You can take care of yourself physically, seek intellectual stimulation, carefully manage your emotions, or feed your soul.

This workbook will help you to discover new ways to show yourself love.

Your Physical Self: Looking After Your Body

1 How do you feel about your appearance?

Strategy: Accepting yourself just the way you are will actually help you in pursuing your goals.

2 What are your strongest physical features and attributes?

Strategy: Make a conscious decision to love yourself, no matter what.

3 Brainstorm ideas for making small changes to your physical appearance or condition. These should be positive, attainable actions. Write them here.

Strategy: Rome wasn't built in a day. Set small goals to experience success in your quest to improve your physical appearance and condition.

4 Are there certain activities you love to do but just don't have the time or energy to do them on a daily basis? If so, what are those activities?

Strategy: Tell yourself you're worth the time and effort to do what you want to do for yourself.

5 Commit to yourself now to make time for a couple of those activities each day. Write your plan for fitting them into your schedule.

Strategy: Make time each day for a beloved activity. Even though you might not see the value in having a hobby, you'll feel special and enjoy your day more when you do an activity you love to do.

6 How will you focus on your physical self in terms of nutrition and exercise? Be specific in the actions you will take.

Strategy: Place a sticky note on your bathroom mirror with your brief plan to “eat more fruit” or “walk 30 minutes.” Also, place a duplicate note on your refrigerator as an extra reminder.

Your Intellectual Self:

Feeding Your Mind

7 What are your priorities in life?

Strategy: Ponder what you truly want your life to be like. Then develop a strategy to make it happen.

8 List your life goals here. Focus on your top 5 goals.

Strategy: Be specific when writing your goals. Instead of, “Get a job promotion,” write, “Complete the 4 week accounting training and get a pay increase within 6 months from today.”

9 Are you satisfied with the number of friends you have? We’re talking real life here, not online. When was the last time you got together with friends? Set a goal now about how you’ll spend more time with loved ones over the coming months.

Strategy: Call a friend or family member to make a plan to spend time together at least every other week.

10 Do a personal inventory. List what you love about your life here.

Now, list what you'd like to change about your life. For this exercise, focus on how to make your intellectual life better.

Strategy: Consider whether getting new training or learning something new would create welcome changes in your life.

11 Do you feel you deserve love? Why or why not?

Strategy: Recognise that you matter. Because you're here on earth, you deserve to love and be loved.

Your Emotional Self: Understanding and Respecting Your Own Feelings

12 What does it mean to you to take responsibility for your own life?

Strategy: Think about times when you simply stayed in a relationship because it was easier. Now, consider what it would have been like if you had taken full responsibility for how your life progressed.

13 When you “talk” to yourself, what do you say? Is it mostly positive and encouraging? If not, why not?

Strategy: Make a point to arrest any negative thinking and replace it with a positive thought. Instead of, “I messed up,” consciously think, “I’ll do better next time.”

14 Do you apologise when you’re aware that you made an error? If not - why not? Do you forgive others when they err? If either one of these actions doesn’t come easily to you – have a think about why not and write those reasons here.

Strategy: Saying you’re sorry shows that you accept the fact that you sometimes make mistakes. Apologies and amends are an important step to self-love. Also, letting go of hurt and forgiving others will free you emotionally.

15 Do you respect yourself? In what ways? Are some ways easier than others?

16 If someone mistreats you, what do you do? How do you handle the situation?

Strategy: One who loves him/herself has self-respect. They have limits in terms of how they allow someone to treat them. Sometimes, loving yourself means respecting yourself enough to change a disappointing or hurtful situation.

Your Spiritual Self: Caring for Your Soul

17 Have you been thinking about changing your living space? How would you like to do it? What changes would you make?

Strategy: Renew your soul by transforming a special space in your home.

Each day, how much off-work time do you spend with technology, on average? _____

If you aren't sure, pledge to keep track tomorrow of your time spent using gadgets or the Internet.

Strategy: Explore new hobbies or revive an old one with your new-found time.

18 Are you open to feeling loved by friends and family members? How do you want to be loved?

Strategy: Be aware and accepting of the love that people give you.

19 How often do you go outdoors just to enjoy the day?

Name some simple ways you can enjoy nature every few days.

Strategy: Find the beauty in nature each day. Your spirits will be lifted and you'll approach your day more positively. Plus you'll love yourself even more!

20 Do you have adventure in your life? If not, why not? How can you add some adventure to your existence?

Strategy: Adventures will boost your soul. Try one!

“Your heart knows your song, but you have to be willing to listen to the words.”

—Sue Rock