

# WORKBOOK

## Chapter Three

# SELF-CRITICISM

Example: "I've wasted so many years in that relationship. I should have left sooner."

Flipped to: "I showed incredible strength by surviving what I did - and I choose to honour myself now by building a life that reflects my worth."

Ways in which I am self-critical are:

I choose to flip these into positive affirmations:

*"Remember, you have been criticising yourself for years and it hasn't worked.  
Try approving of yourself and see what happens."*

Louise L. Hay.



# SELF-COMPASSION

Please take a few minutes to sit quietly and think about what kind of message you need to hear to feel comforted and encouraged.

Write some notes around this.

You can repeat this practice every time you feel the need, or around existing specific topics, thoughts or feelings.

*"Unlike self-criticism, which asks if you're good enough, self-compassion asks what's good for you."*

Kristin Neff





# SELF-TALK

Please write which kind of negative self-talk you do, and an example of this.

Now flip it!

*“Give yourself grace; your self-talk should reflect your resilience.”*



# SELF-BELIEF

I choose to create a version of myself that now serves me best.

## Strengthening Self-Belief

### Step 1: Keep Small Promises to Yourself

Choose one simple commitment each day (e.g. a 5-minute walk, drinking more water, writing a gratitude note). Keeping it proves to your brain that you can trust yourself.

Self-belief grows from self-trust.

### Step 2: Collect Evidence of Strength

At the end of each day, write down one thing you handled well - even if it felt small. Overtime, you'll have a record of proof that you can cope, adapt, and grow.

### Step 3: Reframe the Inner Critic

When your mind says, "I can't," add the word "...yet." This tiny shift opens the door to growth instead of finality.

### Step 4: Anchor in Your Future Self

Close your eyes and picture the version of you who already has unshakable self-belief.

How do they stand, speak, and decide? Borrow their energy today by asking: "What would that version of me choose right now?"

Practised daily, these steps gradually shift self-belief from something fragile into something foundational.

*"The secret of change is to focus all of your energy not fighting the old, but building the new."*

Socrates



# EMPOWERMENT PRACTICE

Four major factors influence self-esteem.

Write down a few words about a positive time in your life/at work for each of these four elements, and how they made you feel.

The reaction of others:

~~Comparison with others:~~ (But do you?!)

Social roles:

Identification:

*“End each day by thanking yourself for something you did well.”*

# SELF-LOVE

Practical step-by-step guide to growing self-love – a routine you can pick up today and build on.

## Daily (5–20 minutes)

### 1. Morning reset (2–5 mins)

- Breathe: 3 slow inhales/exhales - from your diaphragm not your chest.
- Say one simple affirmation out loud: “I am enough today.”
- Name one thing you’re grateful for.

### 2. Micro-care check (5–10 mins)

- Move your body for 3–10 minutes (stretch, walk, dance).
- Drink a full glass of water and eat something nourishing.
- Put a tiny visible reminder on (ring, scarf, sticky note) that says “be kind”.

### 3. Evening reverse to-do (3–5 mins)

- Write 3 things you did today (not what’s left to do).
- Circle one small win and give it a short celebration (“Nice job - you tried.”).

## Weekly (30–90 minutes)

### 1. Boundary practice and calendar audit

- Pick one thing you’ll not do this week (e.g. say no to an extra meeting).
- Use this script when you need it:
- “Thanks for thinking of me - I’m not able to do that right now.”
- If asked for a reason, a short: “My schedule’s full” is enough.

### 2. A delight appointment

- Book a 60–90 minute slot for pure pleasure (museum, bath, coffee with a friend). Treat it as non-negotiable.

### 3. Deeper reflection (20–30 mins)

- Journal on: What did I protect this week? Where did I give myself away? What did I learn?
- Choose one action next week to defend your energy.

## Monthly (30–60 minutes)

### 1. Review and reset

- Look back: 3 wins, 1 lesson, 1 boundary to strengthen.
- Set one small, measurable intention for the month (e.g. “I will say no twice when this is needed”).

### 2. Invest in yourself

- Spend on something that grows you: a course, a book, therapy, a workshop, or a coaching call with Susie :)

# SELF-LOVE

On a scale of 1 - 10 my self-love level at the moment is:

Simple tools and micro-habits (use anytime):

- Mirror pause: each morning, give yourself a 5-second compliment.
- Name the thought: when self-critical, say internally: "That's a harsh thought" - then reframe it.
- Delay reply: count to 5 before responding when triggered.
- Token reminder: a bracelet or ring you touch to remember your commitment to self-care.
- Reverse to-do list: at day's end, list wins, not tasks left.

Quick journaling prompts (use in daily or weekly session):

- What did I do today that honoured me?
- Where did I shrink or apologise unnecessarily? Why?
- What would I tell my best friend if she felt like I do now?
- Name one boundary that would make my week kinder to myself.

Short scripts you can use:

- Saying no: "I can't take that on right now - thank you for asking."
- Asking for help: "I'm juggling a lot. Could you help with X?"
- Self-calm: "This is hard, and I can be gentle with myself."
- Reframing inner critic: "Thanks for the warning, but I'll choose a kinder story."

How you'll know it's working:

- You apologise less for being yourself.
- You don't feel the need to justify yourself.
- You choose one small pleasure a week and keep it.
- You notice kinder inner language.
- You sleep better or feel lighter after boundary conversations.

If it feels too hard:

If self-criticism comes with deep sadness, numbness, or it prevents daily functioning, please consider talking to a therapist or healthcare professional. If you ever feel like you might harm yourself, contact local emergency services or a crisis line immediately.

*"You yourself, as much as anybody in the entire universe, deserve your love and affection." Buddha*



