

# BECOMING

## Best Friends with Yourself



Do you have some **big goals for yourself**, but each time you aim to fulfill them; **you find your inner-critic getting in your way?** Uncover how to **replace self-criticism with self-compassion** and continuously keep yourself flowing with happiness.

**E**veryday you wake up, you get ready to tackle the day; to take action on your goals, to uplift your well-being and to take charge of your life. You are pumped, after watching motivational videos and seeing inspiring posts on social media telling you that you can do anything that you want the night before. Then... just as you start your day with a can-do attitude, your inner-critic wakes up and it's noisy! It makes you doubt yourself by telling you that you don't have the perseverance or the abilities to live beyond your limits. It fills you up with fear by reminding you of the ill opinions and judgements of others towards you. And it constantly makes you



question your ambitions. *'Like who the heck do you think you are trying to live happy? It's not possible, so just continue to live your mediocre life. At least you have everything that you need to survive.'*

### **WHAT'S REALLY GOING ON?**

Well, as you may know as you've grown up you've picked up certain limiting habits from your parents, teachers and other caretakers. Also, you've internalized the opinions, judgements of assumptions of other towards you. By the time you turned seven, your mind was programmed to respond with self-criticism instead of self-soothing behaviours. For some, this causes psychological disorders such as: mood disorder, social anxiety, alcoholism, eating disorders and various other cognitive illnesses.

Symptoms of such disorders are:

- Feelings of guilt and shame
- Perfectionist tendencies
- Feeling unworthy and inadequate
- Self isolating behaviours
- Rumination and worry based thinking

### **THE INSIDE-OUT**

It's likely that society has conditioned you to feel that you don't have enough; that in order to feel adequate you must strive at building a 'good' outer image, to buy the newest gadgets and technologies and to go after a career that will make you a lot of money rather than to get a career that will fulfill you.

Therefore, you've grown up believing that happiness

# IF YOU HAVE NO COMPASSION FOR YOURSELF THEN YOU ARE NOT ABLE OF DEVELOPING COMPASSION FOR OTHERS.

is a product of what you have rather than who you become. You are externally motivated rather than internally motivated. As you grow older, you self-criticism becomes the norm for you and you don't realize that it's the very cause of your uneasiness and dissatisfaction with your life.

The way to get out of this mindset is approach your life from the inside-out and it starts with being more self-aware.

## ***BECOMING SELF-AWARE***

The way to get out of a critical mindset is to approach your life from the inside-out and it starts with being more self-aware.

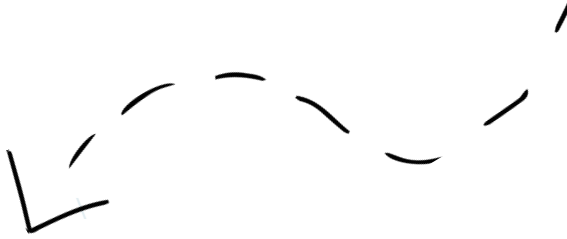
- **Become aware of your surroundings;** how does your environment influence your behaviours?
- **Pay attention to aches and pains** -how did the pain arise? What were you doing? What types of thoughts were you thinking? Did your muscles tense up?
- **How are you spending 'free time?'** when you have some alone moments, how are you choosing the spend them? Thinking? Scrolling social media? Exercising?
- **Eating habits** - when are you likely to crave or eat foods that may be a little too high in sugar? High in fat? Drink alcohol?

- **Is your social circle positive and supportive?** - what types of conversations are you having with your family and friends? Are they uplifting and motivating? Or are they filled with complaining and worrying?
- **How much time are you spending on yourself?** - spend some time on your image. You don't have to dress up in designer clothing or put on tons of make-up or get body obsessed with your workouts. However, when you take time on sprucing up your appearance, you will feel better and attract the types of people and opportunities that you've always wanted.

## ***RE-PROGRAMMING YOUR MIND WITH SELF-COMPASSION***

The more you become aware of your actions, behaviours and thoughts, the easier it will be for you to practice self-compassion.

Many studies have revealed that self-compassion is connected to better life satisfaction and more happiness. Self-compassion involves: forgiveness, mindfulness, growth mindset and being kind to yourself. Again, your mind can distinguish reality from imagination; so even at first you have to imagine that you are on top of the world, that you are crushing your goals, and that you are living each day to its fullest - do it, because you will eventually become your reality.



**IS SELF-CRITICISM PREVENTING YOU FROM TAKING ACTION ON YOUR GOALS? (IF YOU AGREE WITH MOST OF THESE, YOU MAY JUST NEED TO BE KINDER TO YOURSELF )**

- You lack confidence
- Other people's opinions matter to you
- You hesitate to take action on an idea because you don't think it's good enough
- Loss of sleep from overthinking
- Comparing yourself to others
- Not feeling enough
- Feeling the need to have more
- Fixated on your past and your future
- Constantly taking unintentional actions by others personally
- Unable to accept your failures
- Spending unstructured time in the company of your thoughts
- Unable to recognize your talents and strengths
- Feeling unimportant
- You may be wearing a mask on the outside

**USE THESE 10 PROVEN TECHNIQUES TO OVERCOME YOUR INNER-CRITIC**

**#1 Make a list of all of your strengths and talents.** Look at it everyday when you wake up. The more you view your list, the more you will believe in your natural gifts and talents.

**#2 Create kinder scripts in your head.** Each time you catch yourself feeling that you aren't good enough, or you don't look good enough, or feel defeated - flip the script. For example, each time you think, 'I can't do this.' Say aloud, 'I will do this little-by-little each day, I'm capable.'

**#3 Forgive yourself.** Yes, yourself. Give yourself the opportunity to heal. When you forgive yourself, you become more gentler with yourself and open both your heart and your mind towards seeing the beauty and greatness about you!

**#4 Become your own friend/coach/mentor.** What would you tell someone that is constantly self-criticizing themselves all the time? Tell yourself the same things.

**#5 Identify the root of all your criticisms.** Where did your negative self-talk stem from? Come to terms with your past and let it go. You are in a totally different ball game in this stage of your life!

**#6 Write down positive affirmations about yourself/to yourself.** Put them in a place that you frequently look at each day, like your smartphone.

**#7 Celebrate your life.** For every year of your life, write down something amazing that you did - use this to propel you forward.

**#8 Thank yourself for showing up each day.** It's small gesture, but a profound one.

**#9 Be aware of what your body** in terms of your posture, muscle tension and aches. What are you thinking? Fill you mind up with good thoughts/moments.

**#10 Develop a growth mindset.** For every failure and/or negative thought; ask yourself what the learning opportunity is.