



EVERYDAY SELF-LOVE



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ABOUT LISA PHILLIPS

FOUNDER OF AMAZING COACHING

With over 19 years' experience, Lisa Phillips is a leading confidence, resilience and well-being facilitator, coach and speaker. Lisa is also a qualified Counsellor.

Lisa founded 'Amazing Coaching' in 2000 while living in Sydney, Australia. Now based in the UK, she works with clients all over the world.

What makes Lisa stand out from other professionals in her field is her leading-edge techniques, engaging personality and the unique style of warmth and vivacity in which she delivers her work. Her high energy, depth of knowledge and great sense of humour builds rapport and trust easily.

Lisa is the author of 'The Confidence Coach' book and her work is regularly featured on TV, Radio and a wide range of business and lifestyle magazines.

She is also a popular enrichment speaker on Celebrity Cruises, Royal Caribbean and Princess Cruises.

Lisa has also won 3 Stevie awards for her work as a coach assisting people with their confidence and emotional wellbeing.

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LESSON 1

WHY IS SELF-LOVE SO HARD?

WHY IS SELF-LOVE SO HARD?

We are always being told to love ourselves more, but do you really know what this really means or feels like?

In this everyday self-love course learn why we are our own worst enemies and what may be stopping you from taking good care of yourself. I will also share with you my top 10 tips to help you love yourself from the inside out.

The truth is as human beings, we are really not that good at self-love.

LET'S START BY IDENTIFYING SOME OF THE WAYS THAT AS HUMAN BEINGS, WE'RE NOT THAT LOVING TO OURSELVES:

- ♥ We are our own worst enemies. We beat ourselves up rather than building ourselves up.
- ♥ We treat other people better than we treat ourselves. We give strangers more love and compassion
- ♥ We beat ourselves up enough for not being perfect and hold ourselves accountable to ridiculously high standards.
- ♥ We speak to other people better than we speak to ourselves.
- ♥ We compare ourselves to other people.
- ♥ We criticize ourselves.
- ♥ We blame ourselves, particularly if other people are unhappy or upset.
- ♥ We tell ourselves that we're:
 - ♥ Not deserving of our own love
 - ♥ Not good enough to get the love we want
 - ♥ Not loveable enough
 - ♥ Not important enough
 - ♥ Not attractive enough
 - ♥ Not worthy enough....



EVERYDAY SELF-LOVE TIPS

EVERYDAY SELF-LOVE TO PLEASE TIP 1

SAY NICE THINGS ABOUT YOURSELF

My first everyday self-love tip is to start saying nice things about yourself. When did you last say something nice about you? Think about it: when you looked in the mirror this morning, what did you say about you? It probably wasn't something nice. So, your first step to start building up your own self-love is to be your own best friend, and that means saying nice things about yourself.

EXERCISE

A really good and easy way to do this is to get yourself a journal and every day make a commitment to write one thing in it that you like about yourself. Now, don't be surprised if you find tis quite difficult, most of us do. But, please, just keep with it and at the end of every week, read your journal back and really soak up some of these nice things that you've said about yourself.

EVERYDAY SELF-LOVE TO PLEASE TIP 2

CONNECT WITH THE LITTLE YOU

My second tip is all about connecting with that little you, with your inner child. The majority of our negative beliefs were actually formed when we were young children, and as a result, it's almost like we've got this small child still inside of us. They still believe all of those negative beliefs about themselves as if it happened yesterday.

EXERCISE

What I'd love you to do is get a photograph, perhaps of you as a young child, maybe when you were about five years old. If you don't have a photograph, imagine that you have a little you sitting in your heart. Every day, I'd like you to just make a small effort to connect with that little child inside of you. Perhaps, get your photograph and just stare deeply into her/his eyes or imagine that your inner child is in your heart and you are just giving her/him a hug.

Don't underestimate the power of this process. I promise you, if you can get your inner child loving themselves as well, your personal journey into self-love will just be so much easier.

EVERYDAY SELF-LOVE TO PLEASE TIP 3

RE-PARENT YOUR INNER CHILD

Now that we've connected with that inner child, the next step is to reparent your inner child.

Think about when you were growing up, what would you have loved to have heard from your parents or primary care givers? Would you have loved them to tell you how beautiful you are? Or how worthy you are? That you could achieve anything you put your mind to. That you're valuable and amazing person?

EXERCISE

If so, what I'd like you to do is tell your inner child that. In this way, what you are actually doing as an adult is re-parenting that small child within you and basically telling yourself everything you would have loved to have heard from your parents when you were growing up.

If you don't feel comfortable with that, why not write your inner child a little letter? Just tell her how much you love her, tell her how fantastic she is, how beautiful she is and how she deserves a simply amazing life. Make sure you tell her as well how much she deserves to be loved.

EVERYDAY SELF-LOVE TO PLEASE TIP 4

LAUGH AT YOUR INNER GREMLIN

My next tip is about the annoying inner gremlin that sits of your shoulder all day. That is the voice of your negative belief system. The voice that's constantly telling you what is wrong with you.

Every time you tune in and listen to that inner gremlin, it's going to affect the way you feel about yourself. But the truth is, that inner gremlin is just the size of a peanut and it you have control of it and not the other way around.

So, today's tip is really simple: I want you to try perhaps and laugh that inner gremlin. Don't let it take control of your life. Maybe you just want to see it for what it is: a little peanut! Perhaps, just a peanut that's all full of spam messages. Messages and thoughts that aren't true. Remember, it's just a thought and a thought can be changed.

EVERYDAY SELF-LOVE TO PLEASE TIP 5

PRAISE YOURSELF

My next tip is about praising yourself. When was the last time you actually praised yourself? If you've finished work today, did you say to yourself, "Well done, me. I did really fantastically!"? When you got the kids off school today, did you give yourself a pat on the back and say to yourself "Brilliant! What a great job I am doing!"? Probably not. Again, most of us just don't praise ourselves. We've been taught not to. Taught that it's wrong or selfish. But learning to praise yourself is so important when it comes to self-love.

A really good thing for you to practice doing is just praising yourself. I do it all the time!

EXERCISE

Every time you look in the mirror, say something nice about yourself.

EVERYDAY SELF-LOVE TO PLEASE TIP 6

My next tip for self-love is all about that feeling of love. Often, when we are craving love, whether it's from other people or ourselves, but we actually don't even know what love feels like.

EXERCISE

This need only take a few minutes a day. I doesn't matter when you do this, whether you are watching TV or lying in bed. What I would like you to is feel the feeling of love in your body.

Imagine the feeling of love washing over you. Feel how it feels, feel it in your heart, and feel it in your entire body. Sit there for as long as you can basking in that feeling of love.

This is such a powerful action step for you to do because when you start to feel more love, you will attract more love into your life, whether for yourself and for other people. So, why not relax and bask in your own love for ten minutes or so today?

EVERYDAY SELF-LOVE TO PLEASE TIP 7

FORGIVE YOURSELF

Today, let's talk forgiveness, and in particular, forgiveness of yourself, of you. We've all stuffed up. We've all done things, perhaps we are a little bit ashamed of or embarrassed about. We've all got our dark little secrets about things that may have happened in the past.

Today, I ask you to forgive you, because if you really want to look after yourself, practice self-care and enjoy your own love, you need to let yourself off the hook. Whatever may have happened in the past is in the past. It's done. So, why not release yourself from the pain of that and give yourself the gift of forgiveness?

EXERCISE

A nice thing that you might want to try is just a letter. Dear (Insert your name), I forgive you for (insert whatever you are holding unforgiveness of yourself about).

I urge you to commit to doing this action step even if you feel you don't deserve it. Remember, you do deserve your own love, you are worthy and you do deserve to forgive yourself right now.

EVERYDAY SELF-LOVE TO PLEASE TIP 8

PRIORITIZE YOUR SELF CARE

My next tip is prioritizing your self-care. How far down on your priorities list are you? What comes first? Is it partner, family, friends, work, the cat? Be honest, where are you on your priorities list?

EXERCISE

What I'd like you to do today is prioritize you. Not just you, your self-care. I'd love you to choose three things that you could do for your own self-care. Maybe you just want a night in on your own. Perhaps, you want to have a nice bath with some candles and a glass of wine or just take that time to actually finish work early, go to the gym or whatever it is you want to do that makes you feel good. Ensure that you prioritize these three things. You might even want to make a date with yourself in the diary. What's more important though, don't let other people push these things to the side. I want this self-care to be your priority to you.

What three things are you going to do for you?

EVERYDAY SELF-LOVE TO PLEASE TIP 9

EMBRACE A NEW MORNING RITUAL

My next tip is a new fun morning ritual for you. Over the next seven days, instead of reaching for your technology as soon as you open your eyes in the morning, I'd like you to sit and think about how worthy you are. Feel it in your body. If that is too difficult for you, it's okay. Focus on emotion that makes you feel good.

We often wake up in a state of relaxation, so, if you can get into the habit of saying something positive about you or even positive about life, it really starts your day off with positive momentum. Try this for the next seven days. Look, have fun with it. If you can't feel that worthiness for yourself yet right now, focus on anything that makes you feel good. It really doesn't matter what it is as long as it brings some positive emotion into your body every morning.

EVERYDAY SELF-LOVE TO PLEASE TIP 10

FOCUS ON WHAT MAKES YOU HAPPY

My final tip for every day self-care really is about your personal happiness preferences. Often, we so forget what makes us happy because we are so focused on the happiness of other people.

A really good way for you to increase your everyday love is to start actually tuning in to your own happiness preferences.

What makes you feel good?

EXERCISE

What I'd love you to do is, write a list of ten of your happiness preferences. They must be something that feels good to you.

Write a list of ten of your happiness preference and then commit to doing at least one a day.
