WINNING THE BATTLE WITHIN

SECTION SUMMARY

We never know what's really going on with anyone. At any time, you could be next to someone who is trying their best to just keep it together, not to fall apart.

Whatever you do, do it with kindness in your heart. Act with intention and compassion. Pay it forward and help others stay positive. Kindness has a way of coming back to us.

Now imagine you are that person who is in need of kindness from others. Self-kindness matters the most when we need to love ourselves before others can love us.

Winning the Battle Within begins with a simple question: "Why be anything less than kind to myself?" That's as rhetorical as one gets. And, yet, the answer may not come easily for everyone, but there's really only one answer, even if we don't feel all that great about ourselves. Let's just buy-in and make the choice to be nothing less than kind to yourself.

This becomes especially essential with self-complaint by your inner monologue, even when it's about the smallest things. Then there's what you say to yourself and without ever realizing it, at least not until after you've already beaten yourself down. That's a habit that needs to be broken.

Stop your self-assault. What if you choose to be supportive and encourage yourself about how you'll do something better the next time rather than being overly self-critical?

Constructive self-criticism has its place. But if you're anything less than 100 percent certain you did anything wrong, what's the point of putting yourself down about it? Give yourself the benefit of the doubt that you didn't do anything wrong in the first place. We all have our bad days. Cut yourself some slack. Tomorrow is a new day.

Self-kindness keeps you in the present by eliminating enduring past negativity in the same way that Earned Confidence grounds you by eliminating future uncertainties. Together, they forge the foundation to empower and drive your pursuit of Happierness.

With that, here are your activities for Winning the Battle Within once and for all.

DAY 5 Activities

- Winning the Battle Within Video
- Winning the Battle Within Section Summary (you are here)
- Personal Relationship Assessor

DAY 6 Activities

- Self-Kindness Instiller
- Forgiveness Freer
- Baggage Dropper

© 2021 Z University, Inc.
All Rights Reserved