SELF-KINDNESS INSTILLER

"Be nothing less than kind to yourself"

Now that you've had the opportunity to do the Mindfulness Magnifier activities and the Personal Relationship Indicator, it's time to get into action and focus solely on self-kindness. You deserve it! Wouldn't you agree?

Well, what did you think of your responses in the Self-Care Inventory? How did you rate in Personal Relationship Indicator and Assessment? Hopefully it's at least Good! In any case, however good it is, it can always be better. That bring us improving positive rituals to bring it all together.

But let's not kid ourselves. What's the point of doing something any less than achievable? So, whatever you do, be sure to align these activities within your threshold for habit-forming. At minimum, choosing just one new something per week seems reasonable.

Another factor is accountability. Is there anyone interested and ready to join in? It's still early. Hopefully, now that you're in the curriculum, you have enough of a sense of this Life Upgrade program to spread the word. Only you know how to stay true to yourself. One core approach that you'll find more about at the very end when personalizing your Life Enrichment Action Plan – LEAP – is an evening "Did Do List." That's right, as much as anything may be on your ol' reliable To Do List is a simple tool to help keep you on track and motivated. With that, let's get to it.

Some people equate self-kindness with self-compassion as a source of strength and resilience. That's certainly part of the heart of the matter, but the practice is much broader than self-compassion.

Of course, you'll want to be as caring to yourself as you are to others. Self-kindness extends to our mindfulness in being open to the reality of the present moment. When struggling, it's essential to acknowledge but also not to exaggerate.

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ACTIVITY 1: COURT YOURSELF (TIME: 3 CONSECUTIVE DAYS)

Relationships get stale. And there's no longer-term one than with yourself. Let's hit the reset button and consider this a new beginning. Isn't it? It may sound corny, but let's just agree that you want to fall madly in love with this person. How would you go all out in your first 3 days of this new relationship? Alright, let's keep this achievable. Each day, do one of the following for yourself (or something else you'd like that serves the purpose).

COURTSHIP	DO YOUR BODY GOOD
• Buy yourself flowers	• Get a massage
• Try a new restaurant	• Compliment your body
• Do your favorite thing	• Accept 3 amazing hugs
• Do a fun, new leisure activity	• Move once every hour
• Buy a re-birthday gift	• Have spicy sex
• Take yourself on a date	• Try a new exercise
• Cook your favorite dish	• Catch up on sleep
• Start a new hobby	• Laugh your hardest (whatever that takes)
• Buy new clothes	• Eat healthy (for all 3 days, but only counts as 1)

Note: *If you are still doing the week-long daily exercises for your Mindfulness Magnifier, you can layer this in or simply delay doing until you've completed the other Activities.*

ACTIVITY 2: TOUGH TALK (TIME: 15-20 MINUTES)

Day in and day out, we go about our business, mostly on autopilot. And yet there, somewhere in the background is that voice we know all too well, but don't always hear. It's time for an intervention. Be direct with yourself as you would with your best friend. Are you in tune with yourself? Is your inner critic fair and constructive? As odd as it sounds, you've got to tell yourself the truth. Do you hate your body or anything else about yourself? Is part of that about comparing yourself with others?

Get in touch with your inner dialogue. Do you accept everything it says? If it's anything less than loving, encouraging and supportive, it's time to make a change. You deserve to be spoken to in the same way you would speak to those you love.

This might turn out to be a more difficult conversation than expected. Your Personal Relationship Assessor can help pinpoint these answers. But, if for whatever reason, you have incessant or lingering negativity, take names. Write it all down. Face yourself front and center. We'll take this head on very soon.

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ACTIVITY 3: CHANGE YOUR TUNE (TIME: 5-10 MINUTES)

Whatever your inner monologue, write down at least 5 kinder things you can do and/or would like to hear more from yourself. Again, it may be easiest to approach this as if toward your significant other. Even if you don't quite feel or believe it, that's the point. Here are a few examples to consider and get your wheels turning.

5 KINDER ACTS OF KINDNESS	EXAMPLES
1)	• [If achievable], make the conscious choice to say goodbye to your inner critic once and for all. Make a pact with yourself. Thoughts matter.
2)	• [If achievable], make the conscious choice to "catch" any negative words you say aloud and reframe them as positives. Words matter.
3)	• Congratulate yourself daily for all your achievements, no matter how small. Celebrate them. Much as appreciation motivates employees, it will you too.
4)	• Tell yourself the opposite of what you don't like about yourself. If you criticize yourself for being shy and nervous around others. Focus on affirmations that you're confident and outgoing.
5)	• Say "I love you" and mean it. Look yourself straight in the eye and decide to put any self-doubts, insecurities and hatred aside. Choose love instead.

Some of this may seem disingenuous to do. And you might not feel the benefits. That doesn't mean it's not working. Then again, results may very well exceed expectations!

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