



# MINDSET RESET



## SELF-KINDNESS INTERNALIZER

*“Be nothing less than kind to yourself”*

In case it somehow slipped your mind, you began Winning the Battle Within by making a blood pact with yourself to be nothing less than kind to yourself. Ok, you can skip the blood part as long as you agree that doing so in no way diminishes the importance of making and keeping this promise (or at least doing your best to try).

There's a pretty good reason why self-kindness is the very first of the 8 Facets of Happierness. Sure, it “definitively enables you to release all your past baggage,” thereby deciding to no longer dwell on past negativity or even rehash recent events. And, in doing so, self-kindness empowers you to have greater presence and, with it, an enriched life.

As vital as that clearly is, there's another enriching dimension to self-kindness. When we think of what we strive to improve in our personal growth, somewhere in the mix is a yearning to feel better about ourselves – be that with your self-esteem, self-confidence and/or self-love. The problem with those aspects of self-improvement is that knowing how to improve them can be very vague. Sure, you know you want to feel better about yourself, but figuring out how to get from here to there can seem fuzzy at best.

Here's where self-kindness can come to the rescue time and time again. The reason you keep reading the word “definitive” is because self-kindness gives you an undeniable ability to accurately assess every which way you ever treat yourself. In short, you're either being kind to yourself or you're not being kind to yourself. Are you among those in the habit of calling yourself an idiot or stupid? Yeah, it's pretty clear you can stop that now.

Keeping that promise to yourself to subscribe to self-kindness is like a owning a shiny self-improvement barometer.

Here's a similar example. A lot of people have an “apology reflex” in their interactions. It's sensible to associate this to challenges with ones' self-esteem and confidence. The thing with apologizing unnecessarily is that it has the exact opposite of the intended effect. Many over-apologizers are motivated by courtesy. It's like making a blanket statement to let the other person know you care about them not taking offense.

But, instead, that person feels bad about the apology because it makes them wonder whether they did anything to make you feel like you owed them an undeserved apology. So, in addition to self-kindness, it becomes easier to break the apology habit once you realize its negative impact on the other person. These techniques work together to be nothing less than kind yourself as well as – in this case – others.



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So, where and how are you supposed to start? Well, the answer has a lot to do with what you'll continue to get out of this Mindset Reset module and your personalized growth plan. For example, what did you think of your responses in the Personal Relationship Assessor? Nobody's perfect. We all have more work to do.

Whether your reflexes involve apologies, complaints, worries or any other negativity, you'll discover how being nothing less than kind to yourself makes it easy to catch yourself in the act. Whenever you realize that you're being unkind to yourself, as many of us often are, can you give yourself grace?

Whenever you make actual mistakes, can you keep that self-criticism constructive? At what point does it become ok to then consider what might be a loving approach? Do that instead, even if it doesn't feel natural at first. Practice unlearning self-abuse and just be kind to yourself. Just a friendly reminder: you deserve it. Really, you do.

Wouldn't you agree?

That brings us to the time to get into action and focus solely on self-kindness.

Just to clarify, this Self-Kindness Internalizer serves its specific purpose to illustrate this facet of Happierness and improve positive rituals to bring it altogether. Naturally, these are intended to counteract what we all know to be our inner critic. In some ways, for us to put self-kindness into practice, we likely need to account for however it is that we are unkind to ourselves. That's fair. Just know that your Negative Thoughts Neutralizer is still ahead for us take those head-on together!

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

Whatever your inner monologue, write down 3-5 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. To the right 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 kiss your inner critic goodbye 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.



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3)	<ul style="list-style-type: none"> <li>• Congratulate yourself daily for all your achievements, no matter how small. Celebrate them. Much as appreciation motivates employees, it will you too.</li> </ul>
4)	<ul style="list-style-type: none"> <li>• 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.</li> </ul>
5)	<ul style="list-style-type: none"> <li>• 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.</li> </ul>

## ACTIVITY II: COURT YOURSELF (TIME: 3 CONSECUTIVE DAYS)

Sure, the natural focus of being *nothing less than* kind to yourself is to foil negativity and self-abuse. Those are pretty important, but the other side of the equation is also vital. 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). If you think it will help to keep these promises to yourself, put each choice in your calendar.

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 a spicy sexual experience
• 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)

Some of this may feel insincere to do. And, in the moment, you may even consider these actions as meaningless. That doesn't necessarily mean it's not working. Then again, results may well exceed expectations! You deserve to have some fun!