

hello

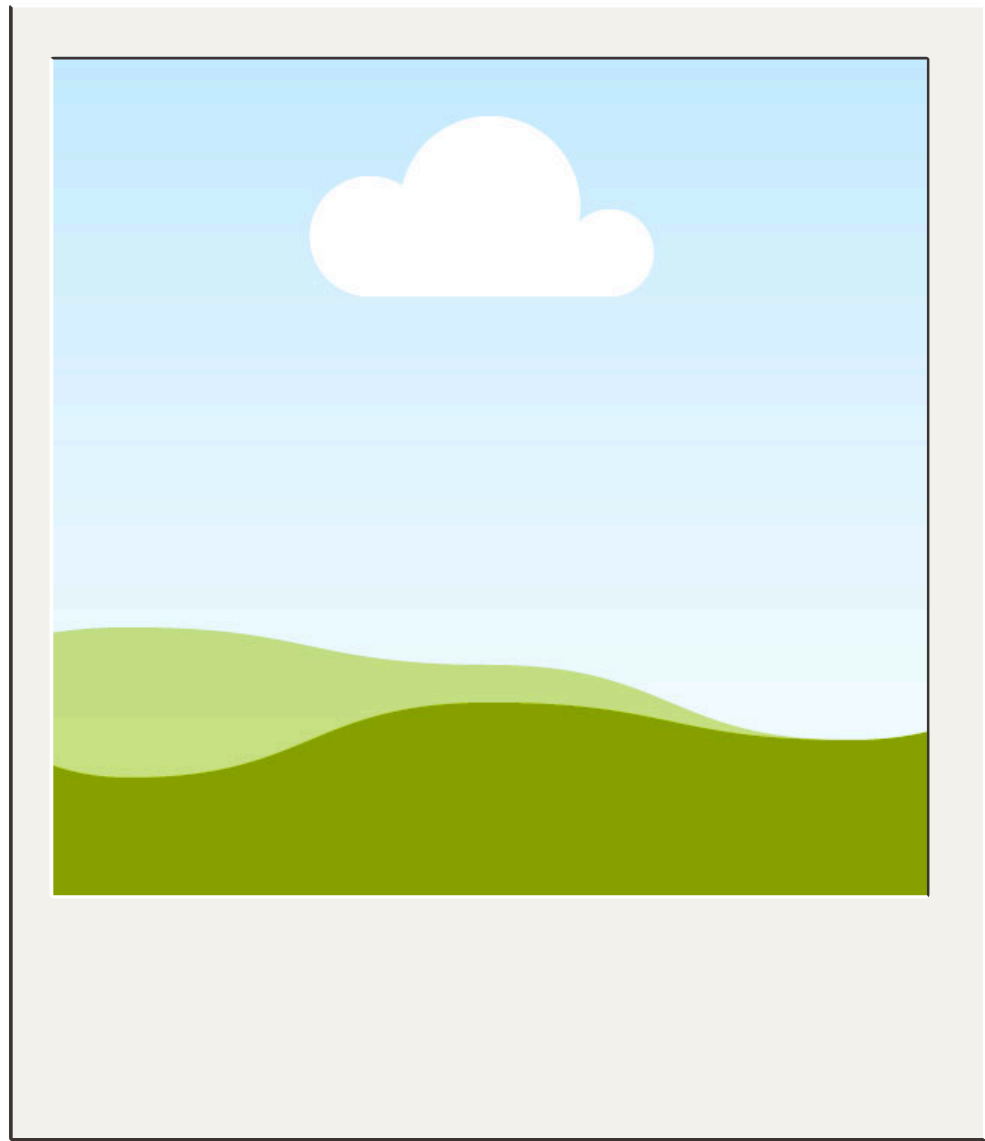
My name is

Height

Birthday/Age

Zodiac Sign

Born In



ALL ABOUT ME

About Me

Favorite Colors

Fun Facts

Favorite Foods

Favorite Quotes

Favorite Thing About Myself

SELF REFLECTION

I feel most alive when... _____

My greatest strengths are... _____

When faced with challenges, I tend to... _____

The values that guide my life are... _____

I am most proud of... _____

In my relationships, I am... _____

When it comes to my career, I am... _____

I feel fulfilled when... _____

The things that energize me are... _____

My most significant accomplishments so far are... _____

I am passionate about... _____

The people who inspire me are... _____

My ideal day would consist of... _____

I am at my best when... _____

I often receive compliments about... _____

My favorite hobbies and activities are... _____

I believe in myself when... _____

I struggle with... _____

The goals I am currently working towards are... _____

I am motivated by... _____

SELF REFLECTION

If someone were to see you for who you truly are, what qualities or aspects of yourself do you think they would appreciate or enjoy the most?

As a start, here are some qualities that may ring true to you:

- | | | |
|-----------------------|-----------------------|----------------|
| Enthusiastic/Spirited | Intuitive | Expressive |
| Amusing | Disciplined | Persistent |
| Gentle | Sensitive | Industrious |
| Loyal/Committed | Encouraging of Others | Organized |
| Determined | Well-Groomed | Physically Fit |
| Logical | Open-Minded | Appreciative |

Choose a characteristic that resonates with you on a deep level.
How did you successfully integrate this attribute into your life?
Feel free to share a story below that illustrates either the trait itself or the path you took to adopt it.

Select another attribute that you recognize in yourself:

Enthusiastic/Spirited

Intuitive

Expressive

Amusing

Disciplined

Persistent

Gentle

Sensitive

Industrious

Loyal/Committed

Encouraging of Others

Organized

Determined

Well-Groomed

Physically Fit

Logical

Open-Minded

Appreciative

Can you identify any additional qualities that you possess?

Please outline them below:

Choose one and tell the story of
how you came to embody that quality.

TRUE SELF

Pause for a moment to assess your current self-perception.
Are you experiencing self-doubt, regret, pride, or satisfaction?
Can you find another way to articulate your current emotional state?
Describe your feelings in a genuine manner without
downplaying or overstating your present situation.

How I feel about myself today:

What has been influencing these feelings lately?

Circle all that apply:

- | | | |
|-----------------------|-----------------------|---------------------|
| Physical strength | My marks today | Selfishness |
| Intelligence | Being right | Selflessness |
| Academic achievements | Daily self-evaluation | My feelings |
| Friendliness | Productivity | Capability |
| Creative ability | Confidence | Who likes me |
| Past mistakes | My weight | How others treat me |
| My thoughts | Social media 'likes' | Lack of experience |
| What my parents say | What I'm wearing | My behavior |

The list you've just gone over consists of external aspects such as situations, events, and achievements that are distinct from your inner essence.

It's common to mix up the external factors in our lives with our identity and value, even though our true core remains unaffected by these outer influences.

I AM ENOUGH: UNCONDITIONAL HUMAN WORTH

When reviewing the outer layers listed in the previous journal entry, are there any that give you pause?

For instance, it might be straightforward to identify "My weight" as an outer layer, whereas recognizing "Selflessness" as such could be more challenging.

You might perceive "Academic achievements" as crucial to your self-esteem while attaching less significance to "Physical strength."

Everyone interprets the list of attributes differently.

Reactions to the exercise can vary among individuals.

Some may feel relieved upon realizing that their value is not defined by external factors.

Others might be taken aback by the revelation that they heavily rely on outer appearances for self-worth.

The exercise could also be perplexing, leading one to question, "If not my thoughts and actions, then what truly determines my worth?"

If you ever doubt your worthiness simply for being, irrespective of external appearances, pause for a moment and reflect:

CORE WORTH VS.
OUTER LAYERS

What qualities do you believe make a newborn baby deserving of love and affection?

Newborns, despite their lack of achievements, grades, or relationships, are unconditionally valued as human beings due to their inherent worth. While we easily extend love and acceptance to infants, we often struggle to apply the same compassion to ourselves, focusing on external measures for self-worth. Our core essence remains unchanged and separate from external attributes, which do not define our intrinsic value. Just as a baby's purity is inherent, our worth is immutable, regardless of external changes.

Our current challenges and successes do not alter our inherent worth, as our core essence and external layers are distinct entities. Our upbringing, genetics, environment, and societal influences shape our external layers, while our unchanging core essence is akin to a newborn's purity. Our intrinsic worth is unwavering, independent of external circumstances.

As human beings, our worthiness stems from our shared humanity and existence. Each individual possesses an unchanging inner core that transcends transient emotions and experiences. Regardless of comparisons or situations, we all hold equal worth and deserve love. From infancy to adulthood, our inherent value remains constant.

**CORE WORTH VS.
OUTER LAYERS**

GETTING IN TOUCH WITH YOUR CORE SELF

In moments of self-doubt or frustration with our current situation, we tend to overlook the fact that we are not alone in experiencing these feelings of distress. It is common to lose sight of our inherent value. Everyone faces challenges, yet when it happens to us, we may mistakenly believe we are the only ones.

Some methods to connect with your inner self beyond surface layers include:

Imagine how you would comfort a friend in need. When you gaze into the mirror, consciously choose to look into your own eyes with kindness. If you find yourself focusing on imperfections, redirect your gaze back to your eyes. Try to view your inner self with genuine understanding and warmth. Take a moment in this space, even if it feels challenging.

Reflections after trying this practice:

When someone bothers or critiques you, try to visualize that person as a little baby seeking affection and love. Remind yourself, "This individual requires love and kindness, just like I do."

Reflections after trying this practice:

Engage in an activity you enjoy for approximately an hour. If you find yourself thinking thoughts like "I should be doing something different" or "this is uninteresting, meaningless", try to observe these thoughts, acknowledge them, and continue doing what brings you joy.

Reflections after trying this practice:

When faced with challenges, take a pause and acknowledge the struggle without rushing to fix it or being hard on yourself. Rather than immediately trying to change things, reassure yourself by saying, "Everyone faces hardships. I can sit with this discomfort for a while."

Reflections after trying this practice:

Try an Eastern wisdom practice, called Tonglen. The next time you're having a hard time, take a moment to imagine all of the humans in the world who may be struggling in the same way that you are. Breathe in, feeling the pain that you and so many others are feeling. Breathe out, showering all people, including yourself, with love and compassion.

Reflections after trying this practice:

MAKING A CHANGE WITH COMPASSION

Do you, like many of us, try to motivate yourself to exercise using criticism?

What do you tend to say to yourself?

(ex: I'm too lazy, too overweight, too impulsive...)

How does this judgment make you feel?

What does it make you want to do?

Now, imagine your best friend or a caring mentor or teacher.

What is the message of support and encouragement that you need to hear from this friend?

Are there any changes to your feelings or motivation after hearing a different voice in your head?

It might require more than just this single journal entry to develop the habit of speaking to yourself in a kinder manner. When you catch yourself using a critical inner voice to push yourself, try switching it to a more supportive and uplifting tone. This change could lead you to feel better and in turn, be more inclined to care for your body.

MAKING A CHANGE WITH COMPASSION

Imagine waking up tomorrow without your inner critic.

If your self-critical thoughts were embodied, what expression would their face show?

Is the inner critic physically bigger or smaller than you?

What is the critic's tone of voice?

Does he or she remind you of anyone?

MAKING A CHANGE WITH COMPASSION

Think back to a time when you were self-critical. This might have been when you made a mistake, fell short of a personal goal, or misplaced your keys or wallet.

How would your world be different? What would you notice first?

Sometimes, we imagine only good things coming from getting rid of the inner critic. But, it's also normal to have some mixed feelings about saying goodbye to that nasty voice in our head:

- I fear I won't reach my goals. It might imply I lack effort or resilience.
- I struggle to define myself without the inner critic.
- Treating myself kindly feels undeserved.
- I'm uncertain who can fill the void left by the critic.
- I might find myself longing for the critic's presence when it's absent.

What is holding you back from letting your inner critic go?

Is your inner critic really the best coach for you? Why or why not?

If your inner critic does have your best interests at heart, do you think it's going about things in the right way?

If not, how would you prefer that this inner voice speak to you?

MAKING A CHANGE WITH COMPASSION

In each of us lies a vulnerable part that craves compassion and understanding.

While we may readily offer support to others facing challenges,
we tend to overlook our own struggles.

When we encounter difficulties,

we sometimes choose to disregard our pain or criticize ourselves harshly.

We might think, "Pull yourself together! It's not that bad. What's the matter with you?!"

There is a tendency within us to attribute personal failures solely
to ourselves when things don't go as planned.

We tend to overlook the many external factors that are beyond our control and
place the blame on our inner self for any issues we face.

Rather than showing ourselves compassion and understanding during these
challenging moments, our inner critic tends to take
charge and replay the same critical dialogue.

The three steps of self-compassion are:

1. Stop to recognize your pain using mindful awareness:
"I am struggling in this moment and that's ok."
2. Acknowledge that suffering is part of the human condition:
"I am not alone."
3. Offer yourself soothing gestures and words of acceptance and love.

The reality is that every individual, yourself included,
deserves happiness and inner peace.

At the very minimum, we all deserve recognition and acceptance during difficult times.

Just like you would extend care to a friend, acquaintance, or even a stranger,
it is vital to turn that compassion inwards, particularly during moments of hardship.

This is what self-compassion entails.