

7-DAY CHALLENGE
“Like the *You* in the Mirror”

GROWTHWORK BOOK

YOU ARE

valued

worthy

powerful

appreciated

special

enough

SIGNS YOU'RE BEING TOO HARD ON YOURSELF

1. IF YOU MAKE A MISTAKE, YOU'LL DWELL ON IT FOREVER
2. YOU FOCUS ONLY ON WHAT YOU HAVEN'T ACCOMPLISHED INSTEAD OF GIVING YOURSELF CREDIT FOR WHAT YOU HAVE
3. YOU TEND TO DISMISS YOUR OWN IDEAS
4. YOU LET GUILT EAT YOU UP
5. YOU TEND TO SPEAK IN NEGATIVE TERMINOLOGY
6. YOU FOCUS ON THINGS YOU CANNOT CHANGE
7. YOU'RE CONSTANTLY COMPARING YOURSELF TO OTHERS
8. YOU CAN NEVER TAKE A COMPLIMENT
9. YOU RARELY FEEL GOOD ABOUT YOURSELF
10. YOU RARELY DO ANYTHING NICE FOR YOURSELF
11. YOU'RE ALWAYS CRANKY, IRRITABLE OR ANGRY



Day 1

TAKE INVENTORY OF YOUR NEGATIVE SELF-TALK

Before you change anything at all, start with mindful awareness of what you are saying to yourself when you look in the mirror.

WHAT IS YOUR INNER CRITIC SAYING

Take out your journal or start a blank document on your phone or computer and jot down all the negative things you hear yourself say, especially when you look in the mirror.

It's important not to use this as an exercise to indulge in those negative thoughts or to beat yourself up for having them.

Step into the role of an objective and non-judgmental observer, like a National Geographic photographer or a scientist in observation.

Use your natural curiosity to ask your inner critic what she has to say. Then take inventory of what you hear.

Day 1

TAKE INVENTORY OF YOUR NEGATIVE SELF-TALK

"Ok, inner-critic, what do you have to say?"

How do you feel now that you got that out of
your head and down on paper?



Day 2

TURN YOUR NEGATIVE TALK INTO NON-NEGATIVE

It's hard to jump from negative to positive, so our first stop is neutral, or non-negative.

TRADE YOUR NEGATIVE FOR NEUTRAL

Now that you've brought to the surface the negative talk you've been saying to yourself, take the first baby step towards change.

Transform your negative criticisms into something non-offensive.

For example:

"You're fat" becomes "you're not fat, you HAVE fat"

"No one likes you" becomes "you are not unlikable"

"You're ugly" becomes "you're not ugly"

"You're an idiot" becomes "you're not an idiot"

Day 2

TURN YOUR NEGATIVE TALK INTO NON-NEGATIVE

Translate your negative self-talk into non-negative or neutral talk

How do you feel now after trying this out?



Day 3

ADD ONE POSITIVE FOR EVERY NEGATIVE

Try to keep on with the step from Day 2, but now also add in one positive thing too.

WHAT'S A POSITIVE THING YOU CAN SAY

You'll still be hearing those negative, critical thoughts when you look in the mirror.

That's ok, it's been a long-standing habit.

Don't ignore it or stuff it down with positivity, but acknowledge it like you did on Day 2 while softening the blow to make it less negative.

Now, ADD something positive to say as well. If your inner critic says:

"You look old with those gray hairs"
add - "and you have a nice smile."

Day 3

ADD ONE POSITIVE FOR
EVERY NEGATIVE

What is a positive thing you can add to the end
of your negative or non-negative talk?

How do you feel now after trying this out?



Day 4

TELL YOUR INNER CRITIC OFF

Did you know you can talk back to your inner critic?

STAND YOUR GROUND

You wouldn't let your kid say to another kid "you're ugly, no one likes you, you're stupid..." (even if you don't have kids, you still get the concept!).

The reason why is because you are able to easily see this as mean, bullying and frankly, unfair and untrue.

So why stand for it from yourself?

You are not your thoughts. Thoughts are ideas, opinions, neurons firing. They are not YOU.

So now it's time to stand up for yourself and say "I don't appreciate that, you are not allowed to talk to me like that anymore. You are being rude and inconsiderate. I won't stand for your bullying anymore."

Day 4

TELL YOUR INNER CRITIC OFF

Talk back to your inner critic!

How do you feel now after trying this out?



Day 5

INTENTIONALLY COMPLIMENT YOURSELF

Now it's time to be fully
INTENTIONAL about being kind
to yourself.

COMPLIMENT YOURSELF WITH INTENT

We are so used to looking in the mirror solely to find what is "wrong" with us, or what we need to "fix".

Do I need to adjust my makeup? Is my hair a mess? Is there something in my teeth? Do I look fat?

Today, go to the mirror with the only objective of complimenting yourself.

And don't stop at your appearance, either.

Give yourself kudos for keeping up with this challenge. Praise yourself for working hard. Take pride in how well you handled a disagreement.

Day 5

INTENTIONALLY COMPLIMENT YOURSELF

Ok, let's hear those compliments!

How do you feel now after trying this out?



Day 6

LOOK IN THE MIRROR AND SAY
“I LIKE YOU.”

Go beyond your self-compliments
and truly connect with yourself.

TELL YOUR FRIEND THAT YOU LIKE HER

You are with yourself 100% of the time.

When that time is spent focusing on
harsh self-criticism, it's hard to like
yourself.

You are never lonely if you like the
company. And you are always in your
company.

Today, look in the mirror and say "I like
you. You're cool. I'd hang out with you.
Even though you make mistakes, I know
that you are good and kind. I want to
get to know you more."

Day 6

LOOK IN THE MIRROR AND SAY
"I LIKE YOU."

Beyond "I like you" what else do you want to say?
What do you like about yourself?

How do you feel now after trying this out?



Day 7

LOOK IN THE MIRROR AND SAY “I LOVE YOU.”

Now it's time to take that leap.

PUT A RING ON IT!

You've come a long way this week! The reason we look in the mirror and say terrible things to ourselves is because we don't believe we are worthy.

It's our belief of unworthiness that disconnects us from our true selves and blocks us from loving ourselves.

Self-worth is believing "I am a good person and am worthy of respect."

So today, look in that mirror and say, "I love you. You are a good person. You are worthy of being treated with respect - especially from me. I promise to keep trying to respect you in the way you truly deserve, because I love you and I want you to be happy."

Day 7

LOOK IN THE MIRROR AND SAY
"I LOVE YOU."

Beyond "I love you" what else do you want to say? What do you love about yourself, and remind yourself WHY you are deserving of love and respect.

How do you feel now after trying this out?



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