



# Say Something Kind to Yourself

An Awesome Mom Handbook

By Deborah Ann Davis

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# Week 1 . . . Start Here!

## Welcome!

You're here because you want something *more* for yourself. **Congrats** on progressing forward in your life! Are you ready to overcome your inner critic? Silence your negative self-talk? Quiet your internal chastising chatter?

The objective is to have your **Positive Self-Talk** out-shout your negative self-talk.

## *Negative self-talk?*

Sure. Everybody does it at some point. The objective is to have your **positive self-talk** out-shout it.

When I was little, my parents used to say,

*“Treat others the way you’d like to be treated yourself.”*

I pretty much followed that advice, and you know what? It worked out pretty well for me.

However, it was the love of my life (cue *happy sigh*) who eventually held up the mirror to me, and told me I needed to treat *myself* better. “No one talks badly about my wife!” he said firmly, “Not even my wife.”

## *What?*

Apparently, over the years (and, without noticing it), somehow I had programmed an inner-channel of negative self-talk... complete with self-deprecation and self-recriminations. Over time, I had also developed an unfortunate habit of switching it on without realizing it – allowing it to minimize the things that should have been making me proud.

And, evidently, I had brought it with me to our marriage.



That nasty tendency kicked into high gear with pregnancy, once my secret inner critic convinced me I wasn't actually mommy material... prompting my husband's loving, but firm, comment.

Honestly, I had no idea I was dumping on myself. It felt so normal (just like any other bad habit). I believed I was living a well-rounded happy life... which I was, especially when I was doing something to help someone else. The only one I neglected was... me.

Luckily, his words woke me up. Once I recognized it, I began to work on reversing that negative self-talk habit. It meant learning to forgive myself for my mistakes, and relearning to embrace the wonderful person I truly am.

I hope that last statement doesn't sound too self-serving, because that's what I wish for you – for you to forgive your mistakes, and embrace the wonderful person you truly are.

We're going to spend the next two weeks turning things around, and initiating a positive self-appreciation habit. All you have to do is ***Say Something Kind to Yourself***, and for 14 days, sing your own praises. Let's get you started on your journey!

## What You Will Need

Creating a dedicated environment enhances the process. Add your favorite touches, like:

- Music
- Healthy snacks
- Scented candle or incense
- A place for your cat to sit (besides on your keyboard)

There's no time like the present to get all your ducks in a row... or, all your supplies.

## Supplies

- This workbook
- (actual ducks are optional)
- A Learning Mind-Set
- Comfortable place to work
- Your favorite writing utensil
- Dedicated journal or notebook
- Sticky notes in your favorite colors
- Refreshing glass of water (Hydrate!)
- A "Do Not Disturb" sign for the door
- Lovely markers for the sticky notes



## What to Expect

**This course is not for binging. It's for developing a Positive Habit!**

With that in mind, you will receive a new lesson every day for 14 days, starting with today. To get the biggest impact out of this, I suggest you:

- 1) Go through the lesson (don't skim).
- 2) Do the daily task (a.k.a., homework).
- 3) Chronicle your process and progress in your journal/notebook.
- 4) Track your experiences by reviewing what you wrote previously.

To maintain consistency:

- 1) Set aside an hour a day for this course *for the next month*. That includes:
  - 2 weeks for the actual 14-Day Challenge
  - 2 weeks to practice what I preach
  - A total of 4 weeks to help your new habit take root
- 2) Commit that time to your scheduler/planner/calendar.
- 3) Post sticky-note reminders (the fridge, bathroom mirrors, car dashboard).

This is a FILLABLE workbook.  
That means that after you  
download it, you can type  
in your answers!



This will help you retain your commitment to get yourself to an even better place in your life. So will joining our private community of like-minded folks who are on their own personal journey to a better (as defined by them), happier self.



## Chapter 1

# The Beginning of a Kinder Life

The *Say Something Kind to Yourself 14-Day Challenge* is designed to set your feet upon the more positive path. Your mission (should you choose to accept it) is to come up with something kind you can say about yourself every day for the next two weeks.

Physically write down your kind words (in a journal, as sticky notes on your bathroom mirror, etc.). If you feel comfortable telling others good things about yourself, share it with the community.

I'll start you off.

*Deborah,<sup>1</sup>  
I truly admire how much  
you try every day,  
even on the days you  
don't feel like it.  
Good Job!*

See? Easy-peasy! Now, it's your turn.  
*Say Something Kind to Yourself* here:



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<sup>1</sup> Unless your name is "Deborah," I strongly suggest you use your own name.

Once you've written down your kind words to yourself, go stand in front of a mirror, and strike a superhero pose.<sup>2</sup>

You know...

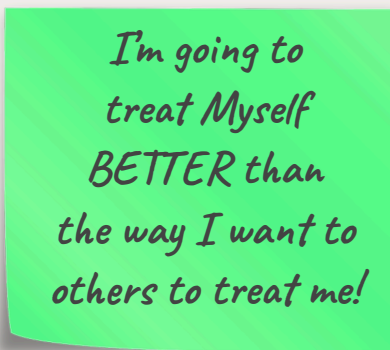
- Feet firmly planted on the ground.
- Hands poised nobly on your hips.
- Shoulders proudly drawn back.
- Chin lifted triumphantly.

Now, you're ready!

Say what you just wrote aloud. And, don't be wimpy about it. Say it **LOUD** and **PROUD!** Make sure your voice holds the same kind of admiration you would exhibit if you were complimenting your best friend.

You see, the philosophy, "Treat others the way you want to be treated yourself" just isn't enough.

From now on, it's going to be, "Treat Yourself **BETTER** than the way you want to be treated by others."



That's your new Golden Rule (and, the one that I personally try to live by). I **definitely** deserve my kindness, and so do you, my friend. **So, do you!**

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<sup>2</sup> Studies have shown that striking a superhero pose physically generates Happy Hormones. Look for the pleasant, giggly feeling that comes with it. That's them.



## Today's Task

1. Note the way you feel before you begin:

2. Pick a kind compliment about yourself:

3. Strike a superhero pose in front of the mirror.

4. Visually connect with your image, and compliment away!

5. Note the way you feel again:

6. Here's an idea: Repeat the whole process with another compliment:

7. Join our community. It's a great way to feel normal!

Visit <https://www.facebook.com/groups/mommeetupforconfidentgirls>

and/or <https://www.facebook.com/groups/LifeAdvice101>

8. Flip to the back of this workbook, and copy your kind statement there to reinforce it.

## One Last Thought

Wait... By any chance, did you think this lesson was too fluffy? Not substantive enough? *Hah!* We're just getting started. I'm about to get all Science-Geeky on you!





Did you notice how the instructions directed you to record how you're feeling *before* attempting the task, and then *again after* completing the task? (Of course you did.) In Science (and in medicine, too), we call that **Baseline Data**.

Baseline Data is your starting-off point. It can provide very powerful information when you compare it to your results. The data can be:

- **quantitative** (objective; measurable in universally recognized units and numbers)
- **qualitative** (subjective; measured in descriptive terms, such as: more/less, stronger/weaker)

Today's task uses **qualitative measurements**. You wrote before-and-after descriptions of:

- what you physically felt in your body
- where the physical sensations were in your body
- what emotions were generated
- where you felt the emotions in your body

Let's examine your process.

- Did you feel differently when you struck the pose? In what way?

- Did the feelings change when you complimented your reflection? What does that mean to you?

- Did complimenting your reflection feel like you were complimenting yourself, or another person? Why do you think that was?

As you ponder and analyze (like a good little Science Geek), add your musings to your journal. They'll become a record of your growth and evolving perspective.



## Chapter 2

# Appreciation Day

*Congrats* on intentionally being kind to yourself yesterday! Did it feel weird? Don't worry. You'll get used to it.

But, as you know, once is never enough, not when it comes to a single occurrence of self-appreciation. (And, certainly not for potato chips.) (Or, lessons.)

If you haven't done so yet, complete yesterday's homework, including joining the community. Participate there the way YOU want to, in a way that suits you and your timeframe.

You can't build on a foundation that's not there.

Now for today's mission!

Yesterday, you showed yourself some self-appreciation. Today's task is for both showing appreciation of, and receiving appreciation from, **others**.

Begin by [heading to our community](#), which you joined yesterday, to give a thumbs-up to 5 random people who have already shared something.<sup>3</sup> That's how you tell the others you appreciate their willingness to be open and vulnerable. Meanwhile, you are allowing yourself to be open and vulnerable.

While you're at it, notice how it feels to have other folks send you positive vibes for the kind words you created for yourself:

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<sup>3</sup> Research has shown that showing kindness to others generates **Happy Hormones** in your body. That's why it feels good to open doors for others.



Or, head out into your own community, and show a tiny random act of kindness to 5 folks (hold a door; smile; let someone cut you in line; etc.). Notice the type of responses you get in return:

Make note of that rosy feeling, **and hold on to it**. I am setting you upon a quest to recreate that feeling in yourself - ***on your own*** - as often as you possibly can.

Then, ***Say Something Kind to Yourself*** that shows how much you appreciate...

- yourself... and why.
- something you've done, recently or historically.
- how incredibly far you've come (remember, there was a time when you didn't even know how to walk or talk).
- where you're heading, and how you're going to get there.

You get the idea. It's your call.

Or... Here's a thought... **Do Them All!**



I'll go first...

*I deeply  
and completely  
love and appreciate  
myself!*

Or, you can phrase it this way...

*Deborah,<sup>4</sup>  
you deeply and  
completely love and  
appreciate yourself!*

Okay, now it's your turn:



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<sup>4</sup> Again, unless your name is "Deborah," I strongly suggest you use your own name.

Then, flip to the back of the workbook and physically write these kind words to yourself, right next to yesterday's words of kindness. Trot on back to that mirror and read them both **LOUDLY**. Try to identify that rosy feeling generated from yesterday's task.

Next, write the phrase on two sticky notes. Post one on your refrigerator, and post the other on your bathroom mirror (two places you frequent). Your task is to say this phrase **LOUDLY** every time you see it.

As a matter of fact, share what you are doing with your family, and have them do it, too. Then, *everyone* will benefit!

I mean, why not? You've got nothing to lose, and everything to gain.

## Today's Task

1. If you haven't done so yet, complete yesterday's homework.
2. Notice how you feel before you start today's tasks (your qualitative measurement).

3. Go to the community and select 5 (or more) random members and give them some positive input (Thumbs up. Compliments. Encouragement.) How many folks did you compliment?

4. Record your feelings/reactions to the task.

5. **Say Something Kind to Yourself**, something that:
  - shows how much you appreciate who you are, and what you do... and, why;
  - is specific about your attributes... or a generalization;
  - you've done recently... or, historically;
  - reflects how incredibly far you've come;
  - indicates the positive direction in which you're heading;
  - reveals the way you're going to get there.



In other words, come up with many, many things that make you proud, and then go back and check off the one(s) you did.



6. Find your truth, and find that mirror. Strike that superhero pose and speak your truth...  
*LOUDLY!*

7. Note the way that makes you feel. Why do you think that is?

8. Compare today's qualitative data to yesterday's:

9. Say something kind to a real live person - family members, coworkers, random strangers - to anyone, really. What did you say, and to whom?

10. Record how the interactions made you feel, and where you had those feelings in your body.

11. Add today's self-kindness phrase to the back of the workbook.



## One Last Thought

Studies have shown that when people are kind or helpful to others, they *physically* generate *Happy Hormones* in their own bodies. That's like a BOGO!<sup>5</sup> The other person's *Happy Hormones* increase, *and so do yours*.

Don't you just love science? Check all that apply:

YESS!  
Absolutely!  
Of Course!

By the way, I hope you appreciate a good laugh, because I have a surprise bonus gift for you. It's my way of showing how much I appreciate you taking the time to work on yourself. Happy reading!

### *I Appreciate You!*

A short story about youth appreciating youth.

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<sup>5</sup> Buy One, Get One





## Chapter 3

# Consistency Day

You've tried out this *Say Something Kind to Yourself* challenge for a couple of days now. Good Job! Keep up the Kindness!

You have a better chance of a positive new habit taking hold if your efforts are consistent. (Well, yeah.) So, today's lesson is about achieving consistency, just in case I'm not the only person who (occasionally) gets distracted from my good intentions.

You need a solution (which I happen to have) for when life interferes with your best intentions, (unexpected company, debuting movies, sudden ice cream, an unconscious washing machine, excellent weather, etc.):

**Consistency  
Is Key!**

### *Sticky Notes!*

(Those marvelous rectangles of colored paper that stick to things.)

Here are two excellent ways I use sticky notes:

(1) **As Reminders of My Developing Habit** - I post those gaily colored paper reminders in the places I frequent:

- on the bathroom mirror
- on the refrigerator door
- at the top of the stairwell

(2) **For My Positive Affirmations** - Whenever I see a posted affirmation, I say it aloud (regardless of who's in the room grinning at me). It's fantastic reinforcement for my budding positive habit. (Plus, my family gets a kick out of me boldly announcing how great I am... which adds additional positive vibes into my life.)

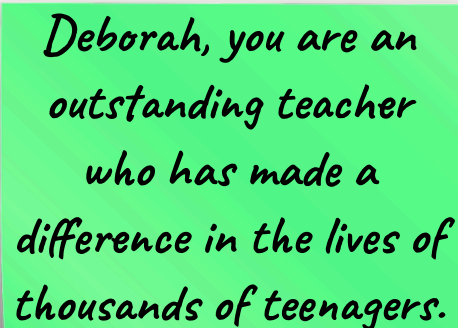


Today, ***Say Something Kind to Yourself***, and produce something to put on those sticky notes, something that shows how much you appreciate who you are, and what you do... and why.

- Be specific about your attributes, or, generalize. It's your call.
- Write something great that you've done, either recently or historically
- Recognize how incredibly far you've come in any area of your life
- Confirm where you're heading, and your plan for getting there

In other words, jot down **anything** that makes you proud... especially anything you tend to minimize. (Sounds familiar? It should!)

I'll start.



*Deborah, you are an  
outstanding teacher  
who has made a  
difference in the lives of  
thousands of teenagers.*

Okay, it's your turn! Go grab that journal, and some sticky notes, and delve deeper.

Your consistency will develop into a new positive habit, a.k.a., ***Your New Lifestyle***. YAY!

With all that in mind, enter today's kind words next to yesterday's, *and* the day before's words of kindness into your journal, and in the back of the workbook.

Now, for the mirror. However, *this* time, before you hit that super superhero pose, I'm adding one more step. Think about the feeling you want to elicit with this exercise... and elicit it!

That's right. All you have to do is *remember it*, and ***focus on it***.



Generate that feeling before you do anything else... RIGHT NOW. Simply picture what that sensation feels like in your body, and where you feel it (I usually feel mine in my belly). Next, use your imagination to recreate that feeling for yourself.<sup>6</sup>

Now, produce *double* the **Happy Hormones** by adding that superhero pose!

**SUPERSIZE It** by repeating ALL of your positive statements aloud to yourself in the mirror, and generate your chosen positive feeling while you speak.

## Today's Task<sup>7</sup>

1. Gather your baseline data on how you feel (your qualitative measurement).

2. Picture a positive feeling you've felt in the past, and where it was in your body. Close your eyes and focus on the memory of how that felt, and generate that feeling again... but with your thoughts.<sup>8</sup> What did you feel?

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<sup>6</sup> We'll cover this in more depth later.

<sup>7</sup> If you haven't done so yet, go back and do yesterday's homework.

<sup>8</sup> The more you practice, the faster your results.



3. Strike your superhero pose to give rise to even more positive feelings, and boldly **Say Something Kind to Yourself**, something that shows how much you appreciate who you are, *and* what you do... and why. Be specific.

4. Trumpet your other two kind statements to that awesome person in the mirror (who deserves to hear them again). Maintain that superhero pose and speak your truth... **LOUDLY!**

5. Write each of your affirmations on its own sticky note, and post them around your home. Every time you see one, say it aloud in a clear voice.

6. Note the way you feel.

7. Compare today's noteworthy qualitative data to yesterday's outstanding qualitative data.

8. Don't forget to add your compliment to the back of the workbook.



## One Last Thought

Now that you're putting your phrases of kindness on sticky notes, why not post a copy on the wall next to your bed? That way, you'll see them first thing in the morning right when you wake.

They'll also be the last thing you see before bed. No matter what kind of day it has been, a wall of your positive attributes will be staring back at you.

What a fabulous way to start your day, and what an even more fantastic way to end it!

Once you finish your 14-day challenge, transfer your collection of sticky notes to a journal. And then... start a second round of fourteen kind notes to yourself.

How have you decided to organize your kindness toward yourself?



## Chapter 4

# Guilt-Free Day

Like I said in the previous chapter, your consistency will lead to a new positive habit, a.k.a., a *Lifestyle Change*, a daily routine that you will execute seamlessly. Will you **Say Something Kind to Yourself** every single day for the rest of your life? Of course that would be lovely, but realistically, you might miss a day here or there.

### *No Problem!*

Remember, the only consistent thing you've managed to do throughout your *entire* life is breathe, and even that has some variation to it. So, should you miss a day (a day of generating kind words about yourself, not a day of breathing), cut yourself some slack. Simply pick up where you left off and continue!

And, when I say “pick up where you left off” it goes without saying that *you* go without any self-blaming or self-chastising, right? Make this a guilt-free zone!

You are in the process of training yourself, and, as with anything worthwhile, there is a learning curve. Be forgiving toward yourself, and enjoy the imperfect journey, even with all its ups and downs.

Having said all that...

In case you haven't considered how you're going to handle these next 11 days, it still is a good idea to have a plan. Let's do that now.

Why is having a plan important? Well, I'm assuming I'm not the only person who (occasionally) forgets to follow through on my good intentions. If I was, January 17 wouldn't be our **National Ditch New Year's Resolutions Day**, now, would it?

Select One:

Nope

Probably Not

There's a National Ditch New Year's Resolution Day?



If this 14-day challenge is going to gain some *real* traction in your life, you need a plan that prioritizes your commitment to ***Saying Something Kind to Yourself*** every day by:

- Setting aside a specific time every day to do these lessons.
- Bundling this challenge with another daily activity, like:
  - stationary biking
  - your healthy midday snack
  - checking your email
  - your morning meditation/Hour of Power
  - watching the news

You get the idea.

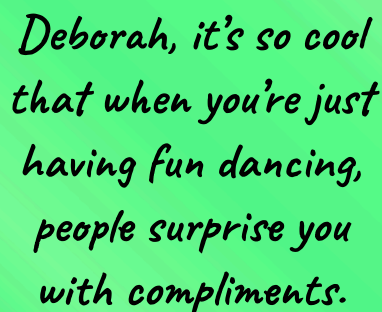
### *Supersize It*

... by becoming accountable. You've got 11 more days to tackle, and a little accountability goes a long way. So, share your plan for generating your well-deserved words of kindness with our community, and/or with your own personal community/family. Perhaps they'll want to take up the challenge themselves.

Sharing your commitment to self-kindness further prioritizes it. That, in turn, supports your aspirations to become consistent, which will eventually transform into a positive habit.

As for today, ***Say Something Kind to Yourself***, something that may feel unimportant overall, but makes you feel pleased with yourself, something that might make you smile.

I'll start.

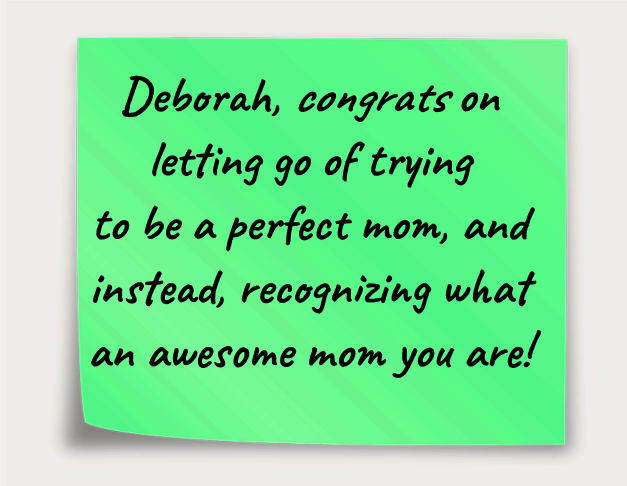


*Deborah, it's so cool  
that when you're just  
having fun dancing,  
people surprise you  
with compliments.*



Or, *Say Something Kind to Yourself* about kicking some unnecessary, burdensome guilt to the curb.

I'll start.



Grab your journal and write today's kind words next to yesterday's words of kindness. Put it on a sticky note. Then, read ALL of them aloud to yourself in the mirror. At the same time, pick a positive feeling you want to feel, and while you are speaking, remember how it felt.

## Today's Task

(If you haven't done so yet, go back and do yesterday's homework. Shore up that foundation!)

1. Gather your baseline data on how you feel (your qualitative measurement):

2. Picture a positive emotion you've felt in the past, and where it was in your body:





Close your eyes and focus on the memory of how that felt. Now, generate that feeling again... *with just your thoughts.*<sup>9</sup>

3. Strike your superhero pose to generate even more positive feelings, and boldly **Say Something Kind to Yourself** that's completely different from your other kind statements.

4. Recite the last three statements of kindness to that miracle-in-the-mirror (yes, I mean you). Strike that superhero pose and exuberantly speak your truth!

5. Add your latest self-compliment to your collection of sticky notes, and post it where you'll see it. Every time you notice it, repeat it in a clear, admiring voice. Today's compliment:



6. Create a plan for how you are going to keep your **Say Something Kind to Yourself 14-Day Challenge** from slipping through the cracks. Choose a method that suits the way you show up in the world. Commit it to your journal. What's your plan?

7. Share your plan and your commitment with someone so you'll have some accountability. Tell our community, or share with family/friends. Who will it be?

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<sup>9</sup> This will get faster, and feel stronger, the more you practice it.



8. Compare the way you felt when you started today's lesson with the on-demand feelings you intentionally generated today.

Then compare today's qualitative data to yesterday's qualitative data.

9. Now add your newest self-accolade to the back of the workbook.

## One Last Thought

Guilt is a worthless emotion once it's done its job – and it does have a job, which is to make you aware of a problem. After that, it serves no real purpose. The best thing you can do for yourself is kick it to the curb.<sup>10</sup>

Guilt has one job, and one job only...

**To Make You Aware of a  
Situation That Needs to Be Fixed**

Accepting guilt is a bad habit that is socialized into us. You need to let that stuff go, especially with this *Say Something Kind to Yourself* challenge. What good is all your positive efforts if you allow yourself to feel guilty over missing a day?

So, focus your good intentions into making the best plan you can for yourself. Commit to it. Do the best you can. And, treat yourself kindly, whether you maintain your consistency or not.

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<sup>10</sup> More on how to do this next week...



## Chapter 5

# New View of You Day

Thank you kindly for being here today! I hope you appreciate yourself and your uniqueness. Out of all the billions of people in the world, there is only one like you... and you're it!

I also appreciate you kindly taking part in this kindness challenge. It's so cool having someone as unique an individual as yourself intersecting with my world.

Today, picture somebody, from your past or your present:

- who loves you, or,
- who admires/likes/trusts you, or,
- who wants to be like you (got kids?)

What is it about you that makes you so wonderful to this person? Think about it, and ***don't be dismissive about, or minimize, their point of view.***

For today's words of kindness, list the wonderful qualities that this person sees in you. Be objective and analytical when you do this exercise. Try to see yourself through ***their*** eyes, not through yours. Don't be modest. These words constitute ***their*** view, not yours, so no judging!

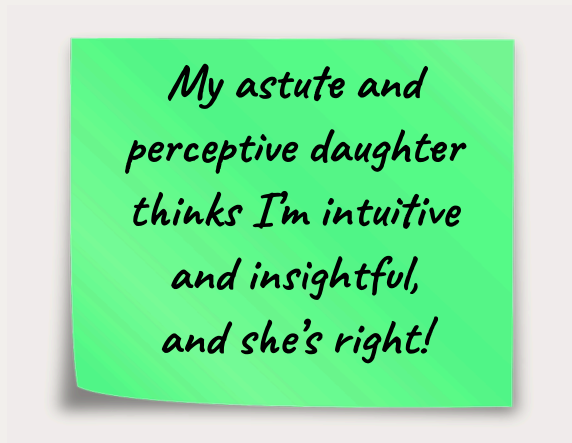
In your journal, write this sentence and fill in the brackets:

“[ \_\_\_\_\_ ] thinks I'm [ \_\_\_\_\_ ], and (s)he's right!”

You know, why not do it for as many people as you can think of?



I'll start . . .



Write today's kind words next to yesterday's words of kindness, and get them their own sticky note. Pick the positive feeling you intentionally want to feel, and remember how it felt.<sup>11</sup>

Then, read ALL of those wonderfully kind things about yourself aloud, addressing the phenomenon (that's you) standing like a superhero in the mirror.

At the same time, while you are making your supportive declarations, notice how you feel, and record it.

## Today's Task

1. Record your qualitative baseline data on how you feel.

2. Picture a positive feeling you've felt in the past, and where it was in your body. Close your eyes and focus on the memory of how that felt, and generate that feeling again... *with your thoughts.*

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<sup>11</sup> This will get faster, and feel stronger, the more you practice it.



What was that feeling, and where was it in your body?

3. Just like yesterday, strike your superhero pose, and generate even more positive feelings as you boldly ***Say Something Kind to Yourself*** that reinforces the good things you already know about yourself. Make it different from your other kind statements.



4. Repeat the last four pronouncements of kindness to that paragon in the mirror (yup, still you). Strike that pose of power and cheerfully share your truth!

5. Add your latest compliment to your collection of sticky notes, and post it where you'll see it. Every time you notice it, repeat it in a clear, admiring voice.

6. Select somebody (from your past or your present) in your life who loves you, or who admires/likes/trusts you, or who wants to be like you (pick just one for now).

7. Look at yourself through this person's eyes. Think about which admirable traits they see, and ***don't be dismissive about their point of view***. Why does this person think you're so great? You don't have to agree. You just have to identify all their reasons.


8. Review your plan for keeping on track with the ***Say Something Kind to Yourself 14-day Challenge***. Check it against tomorrow's schedule. Evaluate your plan's potential. Any tweaks needed?

9. Insert today's external admiration at the back of the workbook.



## One Last Thought

I was born to teach. I simply adored my decades in the classroom. Personally, I love the warm, fuzzy feeling I get when I explain something, and I see the listener's eyes light up with understanding.

Whenever I have self-doubts—

### *What?*

(C'mon. Everyone gets them!) Whenever I have self-doubts, I deliberately generate that particular warm, fuzzy feeling, and it shoves those pesky doubts right out the door!

Revisiting a positive past in your mind really does create a more pleasant present in your body.

By the way, it's okay to feel embarrassed when you do these exercises loudly and proudly in front of your mirror, especially if you are female. Even though society is slowly changing, we are still socialized to be modest, so a brag-fest in front of the looking-glass may not feel...normal. Therefore, raising your good points, and then focusing on them, may feel a bit uncomfortable.

**So what?** It's no big deal. Push through it!

You can handle a little unease, especially when it's caused by a lot of good. When you look back on this process, you'll be glad you did. Besides, at some point it's going to start feeling normal.

You'll see.



## Chapter 6

# Self-Worth Day

You've been kindly complimenting yourself for almost a week now. You've bravely been putting your worth right out there, identifying it and announcing it! That's soooo cool!

But, it doesn't matter what I think, It matters what **YOU** think. It always has.

If your history, specifically, and society as a whole, have made you see yourself as less than you actually are, I'm here to unequivocally tell you to ***forget them!***

*You CAN change your self-perception.  
Self-perception is merely a habit,  
just like anything else you repeatedly do.*

How do you break an undesirable habit? By replacing it with something else.

Hey, what do you think we've been doing here all these days? I've designed all of these lessons and exercises specifically to get you to focus on the many ways you are worthy.

By looking at your journey, and emphasizing your progress in any area, you are subtly improving your perception of your self-worth. Yes, by repeating it daily, you are replacing your negative habit with this new and improved one.

Inevitably, your perspective will change. Instead of relying on the input from others to recognize your value, I'm going to teach you to base your value on something far more permanent...

**Yourself!**

But first, some necessary clarification...





## Self-Esteem vs. Self-Worth

Self-esteem is generated, and boosted, by **external sources**, such as report card grades, awards, praise, comparisons to competitors, promotions, etc.

Having high self-esteem is nice, but it is also the source of underlying anxiety. Why? Because, society/school has inflated self-esteem's importance to a damaging degree. Self-esteem is:

- built on opinion, comparison, and/or fluff
- unreliable
- inconsistent
- the fuel for the Imposter Syndrome<sup>12</sup>

**Self-Worth**, on the other hand, is produced by comparing **your** improvements to where you were before. Self-Worth is the foundation of self-assuredness and confidence. It's about noting your journey's progress. Most importantly, **it is based on fact and evidence**.

For example, I am a slightly smaller stature person who seems physically in shape because of my size.

During the times of my life when I've actually been in shape, I come into my own. It's like self-esteem-whipped-cream topping my self-worth-sundae (*YUM!*).

But, other times I need to return to the gym to fix an injury (my back, my ankle, my neck, my knee – take your pick) triggered by an extended period of inactivity.

You would think my physical appearance would be enough to maintain my self-esteem. However, I'm uncomfortable (cue Imposter Syndrome) because I know the truth. I'm not in shape. I'm just small. My injury occurred because I wasn't taking care of myself by staying active. Therefore, I have no business helping others along their journey.

That mentally messes with me for a beat, until my Resiliency and Self-Worth rescue me. Then, I take a moment to marvel at my life, and remember that, in this modern world of obesity, I have managed to maintain my size. My science background and training provide

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<sup>12</sup> When you doubt your abilities/accomplishments regardless of proof of your competence



me with the knowledge needed to help others. Plus, not only have I gotten myself back into the gym and am active again, but I'm getting stronger *by the minute*.

By the minute?

Absolutely! Just because I may not be able to detect my minute-by-minute micro-improvements, it doesn't mean they're not there. But, when those little fellas gang up, you'll see it for sure. (It's no different from the impact of one lone snowflake versus the impact of the billions that are coming to bury your car.)

When we applaud our journey in our power pose in front of our reflection, we feed our **Self-Worth**. Your progress and achievements can never be taken away from you because they have already happened. Even if no one else knows about them, *you do*.

By the way, have you ever heard the saying, *You can't pour from an empty pitcher?* Today, you're going to fill your pitcher with kind words that note the progress that you have made since **last week**, since **last month**, and since **last year**.

You choose the areas of growth. Remember, all progress is real progress, no matter the amount. So, celebrate your progress by sharing it with your community!

I'll start.

*Last year I was barely active because  
I injured my back by acting like I  
was still in shape. Now, physical therapy  
has been successful,  
I've strengthened my core,  
and I can move enough to get sweaty!  
I'm very proud!*

Now, it's your turn to **Say Something Kind to Yourself**. And, remember to cut yourself some slack. The journey isn't a straight shot. It's a zig-zaggy mess with interesting curves and turns. Here's to accumulating tons of those minute improvements! 🎉



## Today's Task

1. How do you feel today? Record your qualitative baseline data.

2. Dig deep to complete these sentences/paragraphs:

<p style="text-align: center;"><b>Since yesterday, I've improved:</b></p>	
<p style="text-align: center;"><b>Since last week, I've improved:</b></p>	
<p style="text-align: center;"><b>Since last month, I've improved:</b></p>	
<p style="text-align: center;"><b>Since last year, I've improved:</b></p>	



3. Select your favorite for today's kind comment. (If you have the time, use them all!) Close your eyes and picture the most recent positive feeling you've felt, including where in your body you felt it. Focus on that sensation... until that feeling returns.<sup>13</sup>

Which one did you choose?



4. Just like yesterday, strike your superhero pose, and generate even more positive feelings as you boldly **Say Something Kind to Yourself** that reflects the improved things you know about yourself.

5. Add the previous five proclamations of kindness to your conversation with that paragon-in-the-mirror. (Mm-hmm, still you.) Strike that pose of power, and cheerfully share your truth!

6. Add your latest compliment to your collection of sticky notes, and post it where you'll see it. Every time you notice it, repeat it in a clear, admiring voice.

7. While you're at it, add your self-praise to the end of the workbook.

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<sup>13</sup> This will kick in faster, and stronger, the more you practice it.



## One Last Thought

I have two more bonus gifts for you to help reinforce your understanding of the differences between **Self-Worth** and **Self-Esteem**.

Happy reading!

### [Self Worth versus Self Esteem](#)

A thought provoking article on the difference between Self-Worth and Self-Esteem.

### [Boosting Your Child's Self Worth](#)

Perfect for parents, this article will help get everyone on the right track.



## Chapter 7

# Check Yourself Day

*You did it! You made it to Day 7! A whole entire week of intentionally being kind to yourself! Imagine that!*

Think about it. When was the last time you spent an entire week being kind to yourself? Vacation time doesn't count because that's supposed to be **Me Time**. I'm talking about Ordinary Everyday Time.

Going forward, the goal is to make self-kindness more frequent in your everyday existence. After all, *you deserve it*.

After you **Say Something Kind to Yourself** for today's lesson, go back and write today's kind words next to the rest of the week's words of kindness. Pick a positive feeling you want to feel. That way, while you recite ALL SEVEN of them aloud to yourself in the mirror, you'll have a double whammy of Happy Hormones. Pop that bad boy onto a sticky note, and you're good to go for a triple whammy!

First me; then you.

*Deborah, you expended a huge amount of effort to get your family on an organic diet. You rock!*

Now, you!



So, how does it feel to physically say 7 nice things to yourself while looking yourself in the eye? In which ways does it feel differently than when you started? Please explore that in your journal.

While you're at it, review the notes and comments you've written in your journal this week. What changes do you see in your attitude and perceptions?

## Today's Task

1. How do you feel this week, as compared to the week before you began the course? Record your qualitative baseline data.

2. At this point, it's worthwhile to ask how does it feel to physically say all these nice things to yourself, while looking yourself in the eye? Check all that apply.

- Pleasing?
- Uncomfortable?
- Empowering?
- Embarrassing?
- Humorous?
- Other?

3. Does it feel any differently than when you started? Are you feeling the surge of on-demand **Happy Hormones** any more distinctly yet?



4. After you ***Say Something Kind to Yourself*** for today's lesson, go back and write today's kind words next to the rest of the week's words of kindness. Pick a positive feeling you want to feel, and recite all seven statements to your incredible self in the mirror. Write today's kindness onto a sticky note, and post it where you'll notice it later. What does your positive feeling stem from?

5. Explore how you feel and your mental state after completing #4. What changes do you see in your attitudes and perceptions?

6. Review all the notes and comments you've written in your journal and your workbook this week. Sit in the sensations they cause. Note the feelings that wash over you:

7. It's time to write a letter to yourself about how you hope this next week will go.

8. Remember to add today's self-admiration to the back of the workbook.







## One Last Thought

Technically, you're halfway through the *Say Something Kind to Yourself 14-Day Challenge*. (WAHOO!)

You may have noticed that the amount of time it takes you to complete this daily ritual has increased. **That is intentional.** Why?

- To help you take a calming pause in your busy day.
- To get you to carve out time devoted just to you.
- To make you practice generating on-demand **Happy Hormones**.
- To create focus on the positive things that make you who you are.
- To allow you to model a very healthy behavior for those around you.

That's right... there's a method to the madness! Keep it up!

By the way, how's that plan working out for you? What tweaks does it need?





My Turn:

*Deborah,  
I truly admire how much  
you try every day,  
even on the days you  
don't feel like it.  
Good Job!*

*I'm going to  
treat Myself  
BETTER than  
the way I want to  
others to treat me!*

*I deeply  
and completely  
love and appreciate  
myself!*

*Deborah, you are an  
outstanding teacher  
who has made a  
difference in the lives  
of 1000s of teenagers.*

*Deborah, it's so cool  
that when you're just  
having fun dancing,  
people surprise you  
with compliments.*

*My astute and  
perceptive daughter  
thinks I'm intuitive  
and insightful,  
and she's right!*

*Deborah, congrats on  
letting go of trying  
to be a perfect mom, and  
instead, recognizing what  
an awesome mom you are!*

*Physical therapy has been  
successful, I've  
strengthened my core,  
and I can move enough to  
get sweaty!  
I'm very proud!*

*Deborah, you expended a  
huge amount of effort to  
get your family on  
an organic diet.  
You rock!*



Your Turn:






# Say Something Kind to Yourself

An Awesome Mom Handbook

By Deborah Ann Davis

