



Say Something Kind to Yourself

An Awesome Mom Handbook

By Deborah Ann Davis



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Week 2 . . . Halfway There!

Chapter 8

Embrace Yourself Day

You've made it to Week 2!

Did you notice how many times I snuck in ways for you to repeat that very first self-kindness compliment last week? So far, you have had to:

- think of it
- write it in the workbook lesson
- copy it onto a sticky note
- post it some place obvious
- recite it aloud in the mirror
- watch yourself recite it
- rewrite it in the back of the workbook
- add it to your journal
- repeat it aloud every time you spotted the sticky note
- recited it along with each day's new statement of self-kindness (that's 6x more)
- viewed it every time you flipped to the back of the workbook

Conservatively, that was 20+ varied exposures to something you like about yourself! Check all that apply (to your experience).



But wait! There's more!

By doing all that, you:

- stimulated your visual side of your brain when you wrote it, read it, noticed it, and watched yourself.
- triggered your auditory part of your brain when you heard yourself say it aloud.
- activated your kinesthetic side of your brain and body when you:
 - wrote it
 - posted it
 - added it to the back of the workbook
 - spoke it aloud

All of that reinforced your developing positive new habit. Pretty cool, eh? (and maybe, a little sneaky)

To start off the new week, today's undertaking is going to be slightly different. Today you are going to embrace who you are, and what you've accomplished over your life. I mean, minimally you learned to walk and talk, which are no small feats unto themselves, so you've got plenty of experiences to draw from (even if it's not obvious to you right at this moment).

In your journal, brainstorm a list of 10 of your best qualities and attributes. However, only one of them can be about how attractive you are. You are much more than your looks (plus appearances change over time), so you can include them, but for our purposes, let's minimize their importance.

Remember, these are the things that matter to you, the ones that make you unique, and make you who you are. It's going to be a great list!

Pick your top 5 from your list, based on whatever criteria makes sense to you. Then explore them specifically, like, why did you choose those particular items? If you could improve one of your best qualities, which one would you work on first? Which of your best characteristics would be the easiest to capitalize on (i.e., to SUPERSIZE It)? Which of your best qualities is your favorite? Which of your best qualities makes you the proudest? Which of your best qualities do you think is the most admirable? Which of your best qualities is the most unique? Out of the 10, which one is your most recently acquired/developed attribute?



I'll start.

Deborah,

1. You have the concentration and perseverance to write your four books!

2. You have turned your dislike of everything kitchen-related into a healthy process for buying organic food and cooking meals

3. Your doctor said you are at a higher level of fitness than 80% of his patients your age.

4. Etc.

Today, you're not just going to *Say Something Kind to Yourself*. This time you're going to recite all 10 of your best qualities and attributes. (See #2 below.) Go to a mirror, look yourself in the eye, say, "These are 10 of my best qualities, and I'm proud of every single one of them..." and then list them *aloud*.

Now that you have a formal collection of your finest attributes, wouldn't it be so very kind of you to realize how far you've come in your life? Kindly applaud yourself, because, despite all of the difficulties you've encountered, you've managed to emerge with your best attributes still intact!

You're already better than you think you are. This list proves it. Please share your favorite quality with your community.

Today's Task

1. Happily run through your *Embrace Yourself Ritual* (see below).

Write today's statement of self-admiration here:



2. Brainstorm a list of 10 of your best qualities and attributes. However, only one of them can be about how attractive you are. (See the prompts on the previous page.)

1	
2	
3	
4	
5	
6	
7	
8	
9	
10	



3. So, ID your top 5 favorites, based on whatever criteria makes sense to you. Why did you choose those?

4. Explore the following questions:

a) Out of the 10 remarkable items listed, which one is your most recently acquired/developed attribute? (Congrats!)

b) If you could improve any one of your unparalleled qualities, which one would you work on first? Why?

c) Which of your foremost qualities is the most unique? What makes it unique?



d) Which one, out of your entire superlative list, do you think is the most admirable? Why?

e) Which of your greatest attributes would be the easiest to **SUPERSIZE** (make it even better for you)?

f) Which of these excellent qualities is your favorite? Because?

g) Which of these stellar attributes makes you the proudest? Why?

h) What else belongs on your marvelous list (but didn't fit into such a small number such as 10)?

i) How have these items served you well?



5. Pick anything on your list to add 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. Today's self-compliment gets added to the collection in [the back of the workbook](#).

One Last Thought

Now that you've reached your stride, we're going to compact things a bit. Going forward, you're going to do the **Embrace Yourself Ritual** - which basically lumps everything together from your new morning ritual that was spelled out for you last week.

1. Record your qualitative baseline data on how you feel.
2. Close your eyes and picture how a past positive feeling felt, and where it was in your body. Generate that feeling again... using your thoughts.
3. Strike your superhero pose in the mirror, and boldly **Say Something Kind to Yourself**.
4. Repeat all of your past statements of kindness to that phenomenal phenom (yes, I mean you) triumphantly gazing back at you. Maintain that superhero pose as you jubilantly pronounce your truth!
5. Preserve your latest compliment on a sticky note, and post it where you'll see it. Every time you notice it, verbally repeat it in an encouraging tone of admiration.



6. Don't forget to add your self-tribute to [the back of the workbook](#).

If you didn't actually read this last thought, most likely you will perceive the **Embrace Yourself Ritual** as an instruction to hug yourself.

Which is fine.

Whether you hug yourself, or someone else, the embrace releases oxytocin (a feel-good **Happy Hormone**) in your chest - also, very beneficial. So... win-win!

(But, really, I recommend you go back and read it because it will be used in the upcoming lessons.)



Chapter 9

Day of Self-Forgiveness

Hey, remember that mistake you once made sometime way back when? Have you forgiven yourself for it? I mean, just how long do you think a person should feel guilty for a stupid mistake? At what point should a person kick the guilt to the curb, and exercise some healing self-forgiveness?

Guilt has one purpose, and one purpose only...
**To Make You Aware of a
Situation That Needs to Be Fixed**

That's it. Nothing else. Guilt has no other value. Therefore, not only do you **not** need it in your life, it's vital that you kick it to the curb before it does further damage.

Here are the four steps for getting rid of unnecessary guilt when you, or your mistake, have wronged someone:

1. Stop the situation from getting any worse. Do whatever you can possibly do to keep things from further deteriorating.
2. Try to repair anything that you can, even partially.
3. Ask for forgiveness from the injured parties.
 - If they forgive you, great! Go on to Step #4.
 - If they don't forgive you, that's unfortunate. Go on to Step #4.
4. Forgive yourself. Hands down this is the most difficult of the four steps.

Yes, you have to forgive yourself, even if you are not forgiven by others. If they are going to hold on to their grudge, that is **their** journey. You are responsible for the error you made; you are not responsible for **their** choice. After all, at this point you've stopped the situation from getting worse, you've repaired everything you could, and you've



apologized. **There is literally nothing else you can do**, except make sure that you don't make that mistake again.

Let's be real for a moment. Looking back, given your mental and emotional states at the time of the situation (not to mention your health), if you could've made a better decision, **you would have**. We all do the best we can with what we got at the time. It makes no sense to keep beating ourselves up over something we wish we had done differently.

Today's kind words are about **self-forgiveness**. Today you are going to forgive yourself for something, and you're going to mean it. You're going to remind yourself that you are worth the time it takes to do this.

I'll start with this because I've worked very hard on this topic.

Deborah, you have successfully learned to kick guilt to the curb. Instead, you own your mistakes immediately.

(1) You try to keep things from getting worse immediately,

(2) You fix whatever you can immediately.

(3) You apologize immediately.

(4) Then, you forgive yourself, and make absolutely sure that mistake doesn't ever happen again.

After you **Say Something Kind to Yourself** for today's round, go back and write today's kind words next to yesterday's words of kindness. Then read ALL of them, together, aloud,



to yourself, and in the mirror. At the same time, generate the positive feeling you want to feel.

In my opinion, kicking guilt to the curb is the biggest challenge in the course. But, ***you got this!***

Today's Task

1. Joyfully run through your ***Embrace Yourself Ritual***, which we went over in yesterday's lesson. Record your self-appreciation:



2. Bravely select a past error that still makes you feel guilty. Sit in it for a moment before you end it.

3. Go through the 4 steps to eliminate the guilt that arises.

Step 1: Make sure the situation can't get any worse.

Step 2: Repair all the repercussions from your mistake that you can.

Step 3: Ask for forgiveness from the ones affected by your actions. Whatever their response, let it go.

Step 4: Forgive yourself! If you could have done better at the time, you would have.¹⁴

¹⁴ Whether you succeed with all 4 steps, or just some, be proud of yourself for being brave enough to make the attempt!



4. Write a well-deserved statement of praise at [the back of the workbook](#), and let the rest go.

One Last Thought

Kicking guilt to the curb is not for the faint-hearted.

No kidding!

Be forewarned that it may take a few days (weeks?) to get through all 4 steps of releasing guilt. No doubt this is the most difficult lesson of all. Nevertheless, just imagine what it will feel like on the other side... to be guilt-free!

Once you've made it through, it *so definitely* belongs on a sticky note! In all caps.

And, with marker.

And, highlighted.

And, with a little heart in the corner.

Here's another bonus for you. You'll find the link in the lesson.

[**Who Has Mommy Guilt \(Besides Me\)?**](#)

an article on coming face to face with Mommy Guilt



Chapter 10

The Day When You Get What They Get

You made it to Chapter 10! Just four more days to go. Can you believe it?

After the heavy lifting from the last chapter, today's lesson will go easy on you.

Suppose you had a friend who needed an emotional boost. Or, a pet who was afraid of the vet. Or, a child who had just experienced a disappointment that felt huge to her. What would you say to make them feel better? How would you encourage them? What would you do to soothe them? How would you make them understand that they matter?

They deserve your kind words.

So do you!

Today is the day when **you** get what they get.

Your job is to come up with those kind helpful words you would use for others, and write them down. You then are going to flip them around for yourself, and verbalize them in the mirror... along with all the other kind phrases you've been accumulating.



I'll start.

*It may feel awkward
when I compliment myself in the mirror.
But the more I do it,
the more comfortable it gets.
I got this, even more today than yesterday.*

While you *Say Something Kind to Yourself*, don't forget to pick the positive feeling you want to feel, and generate it while you speak.

*If you don't have an encouraging voice in your life,
make sure you create an encouraging voice in yourself.*

Today's Task

1. Merrily run through your *Embrace Yourself Ritual*. Write your self-accolade here:





2. What would you say to a friend who needs an emotional boost? How would you encourage her? What would you say to make her feel better? How would you make her understand that she matters?

3. How would you help a pet who is afraid of the vet? What would you do to soothe it? What would you say to make it feel better? How would you make it understand that it matters?

4. What words of comfort would you use for a child who has just experienced a huge disappointment? What would you say to make her feel better? How would you encourage her? How would you make her understand that she matters?

5. Take all the things you just wrote, and rephrase them so that they're directed toward **YOU**. How would you encourage yourself when you feel low?

Need more room? >>



Need more room?

How could you give yourself an emotional boost?

What words of comfort could you use in the face of your own huge disappointment?

What could you say when you need to emotionally feel better?

What could you do to self-soothe?



How could you encourage yourself?

How could you make yourself remember that you matter?

6. Take a snapshot of these words and earmark them on your phone for quick access when you feel low.

7. Write your well-deserved statement of self-praise at [the back of the workbook](#).

Now, you're ready to handle what life throws at you.

One Last Thought

At this point, it's worthwhile to check in again... How does it feel to physically say 10+ nice things to yourself while looking yourself in the eye? Weird? Pleasing? Uncomfortable? Empowering? Embarrassing? Humorous? Habitual? Something else?



Does it feel any differently than when you started 10 days ago?

10 Days ago? Whoa!

Are you feeling the surge of **On-Demand Happy Hormones** any more distinctly yet?

How do today's answers compare to when I asked you the same thing on Day 7?



Chapter 11

Unconditional Love Day

Do you know someone who deserves unconditional love? (Besides you?)

OK, that's a trick question, because *everyone* should receive unconditional love. However, today we are not concerned with everyone else. Today, the focus is only on *you*.

You deserve unconditional love, because of who you are. It's not because of what you do, or what you earn, or how brave or adventurous you are, or how well you cook, or the grades you get, or how fast you run.

**You are worthy of love because you are you.
That's unconditional.**

The other kind of love – conditional love – creates anxiety. Once the criteria for obtaining love are established, so are the criteria for losing love. For example, if you garner more love because you win races, then you have a chance of losing that love if you don't win the race. Conditional love has to be earned. Cue the anxiety (especially in children).

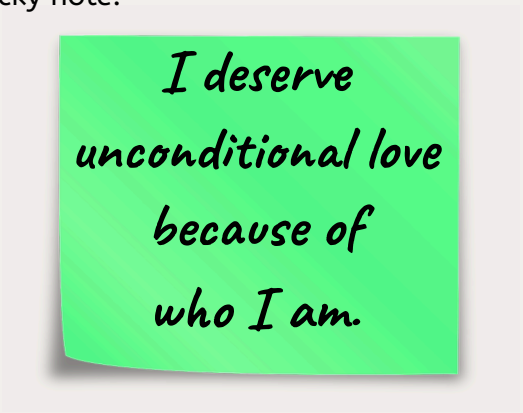
Today, when you *Say Something Kind to Yourself*, you are going to gift yourself the greatest kindness ever by telling yourself **you are worthy of unconditional love**. Write it down. Say it to yourself in the mirror. As a matter of fact, say it in between each of your other kindness phrases. **It's that important.**

I'll start.

*I absolutely, positively am worthy
of unconditional love because of
who I am. I'm so proud
I haven't settled for less.*



Please commit this to a sticky note:



Why not stack the deck in your favor? The act of physically typing the words, then speaking the words, then writing the words, all help reinforce the concepts.

Today's Task

1. Gaily run through your *Embrace Yourself Ritual*. What is today's well-deserved praise?

2. Make a list of the people you love:¹⁵

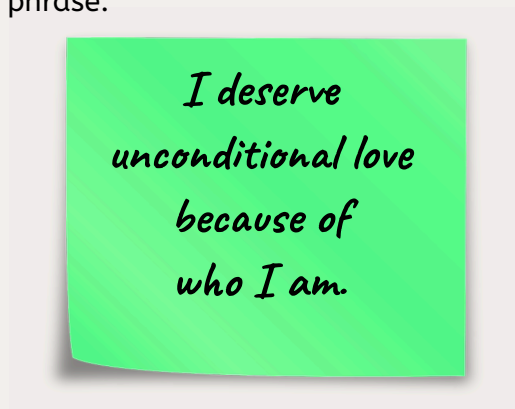
¹⁵ Don't forget to add yourself!



3. ~~Circle the ones~~ that you love unconditionally, no matter what. How can you adjust your perspective to allow for unconditional love for the others on your list?

4. Who are the ones who love YOU unconditionally? If they are also the ones that you love unconditionally, then chances are you share a really strong, healthy relationship that feels secure and content. Do you occasionally have spats? Sure, but the love there is unconditional.

5. During the ~~Say Something Kind to Yourself~~ course, you've come up with your own kind catch phrases. However, this is so important, today I'm sharing a specific one with you. Make a sticky note for this phrase:



5. Feel free to generate your own words of praise in addition to this, too:



6. Write your well-deserved statements of praise in your journal and on sticky notes.

7. Add your self-appreciation to the collection at [the back of the workbook](#).

One Last Thought

Everyone has a particular way they take in information, and process that information, and share that information. In education, we call that your *Learning Style*. My courses on Learning Styles divide them into just three ¹⁶ categories:

- **Visual Learning Style,**
- **Auditory Learning Style**
- **Kinesthetic Learning Style**

🌟 Do you know why it is so effective to write all of this down in this workbook (which, by the way, perfectly suits the Visual Learner and the Kinesthetic Learner)?

Although you may have an Auditory Learning Style, writing reinforces learning and retention.

🌟 Do you know why it is so effective to verbally recite all of your praises (which, by the way, perfectly suits the Auditory Learner and the Kinesthetic Learner)?

Although you may have a Visual Learning Style, speaking reinforces learning and retention.

🌟 Do you know why it is so effective to stand in your superhero stance while proudly gazing at yourself in the mirror (which, by the way, perfectly suits the Kinesthetic Learner and the Visual Learner)?

Although you may have an Auditory Learning Style, using your body to pose reinforces learning and retention.

¹⁶ Although my style prefers to keep it more simplistic, I've seen resources that employ up to 21 Learning Styles. Go with the approach that feels comfortable to you. There's no right or wrong way here.



We retain information when we read it, write it, manipulate it, speak it, hear it, etc. Every time you create an affirmation, this is how it impacts you:

You mentally think about it when creating the message.

You reinforce the message when you kinesthetically write it into your journal; plus reading what you write is an entirely separate path to your brain.

Re-reading while you kinesthetically re-write the message on a sticky note pairs with mentally thinking about the message.

Mentally picking a place to stick the sticky note, and kinesthetically posting it there, reinforces the message.

Reading it once it's posted also reinforces the message.

Saying the message aloud creates a vibration that is received by your brain.

Striking your superhero pose in the mirror bookmarks that moment in your brain as you trigger your **Happy Hormones**.

Reciting the affirmation in a strong clear voice reinforces the message while sending more vibes to your brain.

Watching yourself speak in the mirror triggers your visual path, as well as triggering your auditory path.

Planting your feet on the ground and your hands on your hips, while throwing back your shoulders and lifting your chin, produces a rush of **Happy Hormones**.

Triggering the onslaught of **Happy Hormones** throughout the process, including dopamine, creates a response that makes you want to repeat the experience again.



That's a lot of bang for the buck! And, all from one little positive affirmation on a perky green sticky note!

Who knew?

Now, treat your Kinesthetic side by going back to the previous page and checking off the ones that you *personally* experienced over the course of this course.

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

YESSS!

Absolutely, Positively

Of Course! (Who doesn't?)

Since you love science so much, here's another bonus gift. [Head back to the lesson](#) and download my *Learning Styles Inventory* tool, a quiz that helps you identify how you best retain info, and a strategy of how to **SUPERSIZE** that knowledge with your kids.



Chapter 12

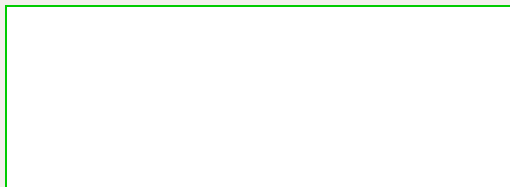
Gifting Yourself Day

Imagine you've filled a box with kindness, wrapped it up in paper that has your favorite colors on it, and decorated it with a bow that looks perfect to you.

Now, picture yourself unwrapping your gift to yourself.

You peel off the paper. Maybe you happily fold it up to be used again. Maybe you merrily scrunch it up into a ball and toss it over your shoulder. Whichever way you do it, that's perfect for you, because you're doing you.

So... what's in the box?



My box would contain extra time, but, then again, I've never been one for giving and receiving gifts. Don't get me wrong. Gifts are lovely, but I'm just not wired that way.

It always seemed odd to not value that which everyone else valued (especially advertisers), until I came across *The 5 Love Languages*. It turns out that there are a variety of ways that people prefer to give and receive love. Obviously, receiving/giving gifts is one of them (just not one of mine).

I took the quiz on their website to see what it would say about me. Out of the 5 categories, I scored 25% on four of them, and 0% on the fifth. You'll *never* guess what that fifth one was... It was **GIFTS!** (I told you you'd never guessed it.)



Yup, if you want to show me some love, wash my dishes. Or, go for a walk with me. Or, get me a gift card I can take shopping. Better yet, take me shopping with the gift card after you wash my dishes!

By the way, I should totally mention that I absolutely, positively love hugs. Not those lean-in-with-your-shoulder-and-tap-me-on-the-back kind of hugs. I'm talking **oxytocin-producing-bear-hugs** that make you feel happy.

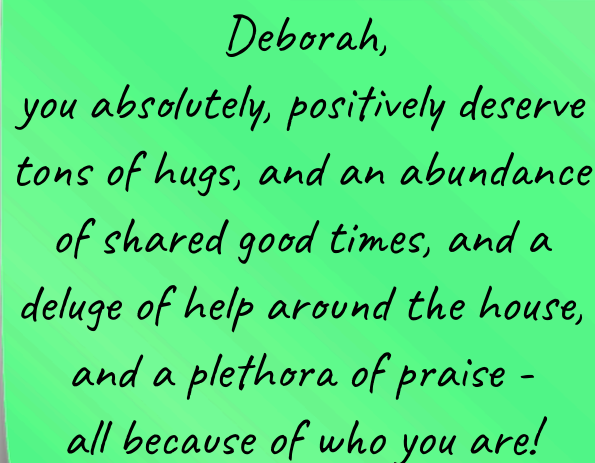
Also, I live for praise. I **love** getting reviews for my books and workshops. That used to embarrass me, but once I realized it's part of my makeup, I stopped judging it, and embraced it instead.

I learned all this from *The 5 Love Languages Quiz*, and more. I now recognized that my loved ones give and receive love differently from me. One cooks for you to show love. Another isn't big on hugs, but loves to sit under a blanket with me on the couch. Yet another does gift cards. My husband and my daughter are all about spending quality time with me (DOUBLE YAY!).

You definitely should check it out for yourself. Once you ID your particular Love Language, create today's sticky note and journal entry.

You still have to *Say Something Kind to Yourself*.

I'll start.



*Deborah,
you absolutely, positively deserve
tons of hugs, and an abundance
of shared good times, and a
deluge of help around the house,
and a plethora of praise -
all because of who you are!*



Then... well, you know the drill.

Write today's kind words next to yesterday's words of kindness. Pick a positive feeling you want to feel, and generate it while you share ALL of those amazing statements aloud with your groovy self in the mirror.

Today's Task

1. Jauntily run through your *Embrace Yourself Ritual* from the beginning of this week. What is today's praise?

2. Picture yourself unwrapping your gift to yourself and identify the contents.

3. Take **The 5 Love Languages Quiz**, and record your results. What new things did you learn about yourself and your loved ones?



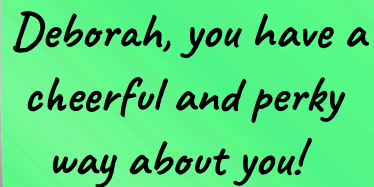
4. Once you ID your particular style, create today's sticky note and journal entry.
5. Share it! Tell everyone – your community, your family, your friends, your proud self in the mirror, your neighbors – how far you take it is up to you!
6. Today's self-compliment also belongs in [the back of the workbook collection](#).

One Last Thought

Even though I created this course for you, I've noticed something interesting.¹⁷

When I write out some of my kind declarations in the first person, reading them aloud feels empowering. When I write them out in the third person, reciting the third person statements feels more encouraging.

For example:



Deborah, you have a cheerful and perky way about you!

Encouraging, right?



I have a cheerful and perky way about me!

Empowering, right?

¹⁷ Even when I create something for you, I still get to learn something new myself!



CHAPTER 13

The Ultimate Kindness Day

We are nearing the end of the *Say Something Kind to Yourself 14-Day Challenge*. After exploring different avenues of love and kindness, there's still a major one left to cover. What do you consider to be the *Ultimate Kindness*, the absolutely most kindest kindness possible?

Not only is the *Ultimate Kindness* different for different people, but for you as an individual, it could be something different on different days... depending on how you feel. Also, how the *Ultimate Kindness* varies depends on things, like:

- whether you are being kind to yourself, or,
- if someone else is being kind to you, or,
- if you are observing kindness in others.

For most people, the ultimately kindest kindness depends on which emotional gap needs to be filled at that time. Sometimes, you just really need a hug. Sometimes, you need someone to listen. And, sometimes, ice cream will do the trick.

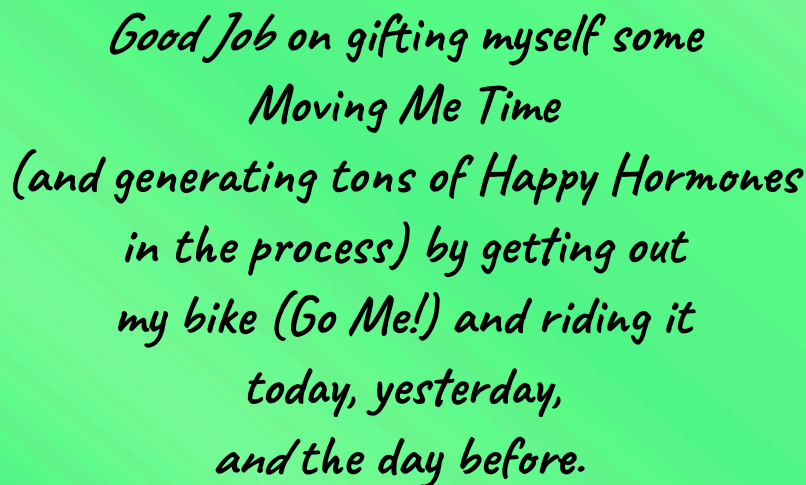
What would be **THE Ultimate Kindness** that you could bestow upon yourself today?

What would be ultimate most kindest thing you could possibly say to yourself today?



Say Something Kind to Yourself today, and write today's kind words next to yesterday's words of kindness. Then read ALL 13 days of them aloud to yourself in the mirror. At the same time, pick a positive feeling you want to feel, and generate those **Happy Hormones** while you speak.

I'll start.



*Good Job on gifting myself some
Moving Me Time
(and generating tons of Happy Hormones
in the process) by getting out
my bike (Go Me!) and riding it
today, yesterday,
and the day before.*

That was a well-deserved Ultimate Kindness to myself, especially since every fiber of my being wanted to remain behind my computer so I could keep polishing this course. Recognizing this motion disruption as a way to show myself love keeps it from feeling like a chore. Plus, I already know movement benefits my mind, body, heart and spirit.

In your journal, share any side effects that you may have noticed in your life, or in your relationships, due to gifting yourself more kindness than usual.



Today's Task

1. Cheerily run through your *Embrace Yourself Daily Ritual*. What makes you so great?

2. Here, or in your journal, answer this: In general, what do you consider to be the **Ultimate Kindness**?

3. More specifically, what would feel like the **Ultimate Kindness** for you today, right now?

4. What is the **Ultimate Kindness** you are going to do for yourself today?

5. In your journal, share any side effects that you may have noticed in your life, or in your relationships, due to gifting yourself more kindness than usual over the last two weeks.



6. What is the kindest thing you've seen someone else do for someone else?

7. How did it make you feel?

8. What is the kindest thing you've ever done for someone else?

9. Going forward, are you going to treat yourself even more kindly than you treat others? Check all that apply.

- Definitely!
- I sure am going to try!
- It's unclear.
- I'm considering it.

10. Write your ultimately self-kindness phrase in [the back of the workbook](#).

One Last Thought

I'm about to get all Science-Geeky on you... again.



I've mentioned **Happy Hormones** quite a few times over the course of these two weeks. These are the most common **Happy Hormones**:

Oxytocin - the love and cuddle hormone (from hugging and physical closeness)

Serotonin - the feel-good hormone influenced by food, activity and *sunshine*

Dopamine - the reward hormone that makes you want to try again¹⁸

Endorphin - the exercise hormone (contributes to the "Runner's High")

You may have been surprised to learn that you can produce your **Happy Hormones** on-demand. That's right! Even if you are in the middle of an argument! If you want to de-escalate things, start generating your **Happy Hormones** to calm yourself down. That will interrupt the downward spiral of the conflict, and allow you to choose a different course.

On-Demand Happy Hormones? Wow!

Want to know how? (Of course you do!)

My favorite method is a little trick I call **Fake Smiling**. Every time you grin, the movement of your facial muscles triggers an influx of **Happy Hormones** into your gut and bloodstream.

It turns out that if you *pretend* to smile, your body can't tell the difference. A **Fake Smile** triggers the *same* gush of **Happy Hormones**! Simply grin at the source of your conflict, and watch what happens! (Of course, if the source of your conflict is a person, that seemingly random grin might make them think you're losing it.)

Understanding how to create your **On-Demand Happy Hormones** is so impactful, I wrote a book on it: [How To Get Your Happy On](#). It's short and sweet (just like me), and packed with tons of science and humor (just like me). It's laid out in easy-to-follow steps, just like this course. You should check it out!

¹⁸ More isn't necessarily better. Dopamine contributes to addictive behaviors, like gambling, smoking, overeating, and using drugs. You constantly repeat the activity to get another jolt of that particular **Happy Hormone** in order to duplicate the happy sensation it triggered before.



CHAPTER 14

Supersize The Kindness Day

This fourteenth and final lesson in the *Say Something Kind to Yourself 14-Day Challenge* is going to be a little different. Begin by saying this phrase from last week loudly:



*I deeply and
completely love
and appreciate
myself!*

Write the phrase on two sticky notes. Post one on your refrigerator, and post the other on your bathroom mirror (two places you visit frequently). Your task is to say this phrase loudly every time you see it.

As a matter of fact, **SUPERSIZE It** by sharing what you are doing with your household, and have them do it, too. Then, everyone will benefit!

Supersize Me!

Now that you're in the groove, let's **SUPERSIZE** how you *Say Something Kind to Yourself* by tracking ALL of **TODAY'S** kindnesses. In your workbook and/or journal, you are going to **record every single action, statement, and expression** that could possibly be interpreted as kindness – from you, from your family, from your neighbors, from coworkers, from people on the street, from social media, from television, from music, and on and on and on... **EVERYTHING!** See how many pages you can fill in your journal once you're looking for it.



Put all of your five senses to work:

- **Sight** – kindness you observe around you; kind acts shared on social media; praises on billboards; doors held open; a cheery wave...
- **Sound** – caring words from someone; lovingly cooing at a baby, or pet; delighted greetings; praise and compliments; statements of love...
- **Smell** – aroma of meals prepared for you; the smell of cleaning fluids creating a clean environment for you; the aroma of a flower delivery; hot beverage's scent...
- **Touch** – brushing your hair; freshly cleaned linens on your skin provided by someone else; a massage; getting shampooed; someone taking your hand...
- **Taste** – savoring the first bite of an offered treat; people sharing a cup of coffee; someone relishing the last bite of the meal you made...

These could ALL be repurposed into acts of kindness if you so choose. I highly recommend adopting this type of outlook. It really improves your world outlook. Besides, finding moments of kindness in your everyday life creates the same warm fuzzies as when you are intentionally kind to yourself.

Speaking of recommendations, I strongly recommend that you build on the momentum you've created here by REPEATING the *Say Something Kind to Yourself 14-Day Challenge*, starting tomorrow. Yup! Simply go back to Day One and start over!

Today's Task

1. Happily run through your *Embrace Yourself Ritual*.
What's today's gem?



2. Write today's phrase on two sticky notes. Post one on your refrigerator, and post the other on your bathroom mirror, two places you frequent. (Sounds familiar?) Proclaim this phrase **LOUDLY** every time you see it.
3. Share what you are doing with your household, and suggest they participate, too.



4. Identify as many moments of kindness as possible, from all around you. For the entire day, track them - every single action, statement, and expression that could possibly be interpreted as kindness - random and/or intentional.

Start here, and when you run out of space, continue in your journal.



5. Before your day ends, notice what noticing kindness does to your overall mood. Well?

6. Don't forget to add your self-admiration to [the back of the workbook](#).

One Last Thought

Okay! It's time to get started!

Wait... did you think I was kidding?

Nope!

Go open up a new page in your journal, and prepare to start the **Say Something Kind to Yourself 14-Day Challenge... AGAIN!**¹⁹

Think about it.

You've already looked back on the changes in yourself over the *past* two weeks. Imagine how those effects could be compounded if you were to do it all again over the *NEXT* two weeks? Yes, tomorrow could be THE BEGINNING OF A KINDER LIFE.

That's right, even kinder than you're experiencing now!

¹⁹ Don't forget to download the workbook again for your second round.



But wait! There's More!

Your purchase included access to the course for *an entire year*. Check this out: Over the course of the next 351 days, there is enough time to repeat the ***Say Something Kind to Yourself 14-Day Challenge*** **25 MORE TIMES!** (You're probably going to need another journal.)

If you keep up with the challenges, this time next year, being kind to yourself can be an ingrained, automatic, instinctive, subconscious, unbidden, reflexive, habitual **way of life!** And, it won't cost you anything more... besides your time. (And, what more valuable way to spend it?)

*May you look back on this year and say,
"This was my best year EVER!"
(So far...)*





My Turn Again...

You have turned your dislike of everything "kitchen" into a healthy process for buying organic and cooking food!

You've learned to kick guilt to the curb by owning your mistakes. You try to keep things from getting worse. You fix whatever you can. You apologize. You forgive yourself, and never let it happen again.

I deserve unconditional love because of who I am!

The more I compliment myself in the mirror, the more comfortable it gets.

Good Job on using my bike to get in some Moving Me Time, and generating tons of Happy Hormones in the process

You absolutely, positively deserve tons of hugs, an abundance of shared good times, a deluge of help around the house, and a plethora of praise!

Deborah, you have a cheerful and perky way about you!

I deeply and completely love and appreciate myself!

May you look back on this year and say, "This was my best year EVER!"

(...so far...)



Your Turn Again...





Say Something Kind to Yourself

An Awesome Mom Handbook

By Deborah Ann Davis

