

Healing Habits Week 2

Self Love

You are enough

You are important

You deserve to be happy and healthy

When you care about someone you want the best for them and you want to look after them

That's the way you would treat someone you love

What if you showed yourself that care

What if you showed yourself that love

Looked after your body and your mind

Nurturing yourself

Respecting yourself

Your worth is not defined by your productivity / status / job / how many friends you have / what you own / how much money you make /

Your sense of worth comes from within

I am loved I am accepted I am full of confidence



Healing Habits – Wins

Last week we looked at our limiting beliefs that are no longer serving us.

With our regular journalling exercise we are training the brain to look for the positive. To reframe the negative thoughts. Lets be grateful for our small wins.

Start to believe that you already have what you want.

Belief – emotion – thoughts – behaviour.

What were your wins this week?

What were your lessons?

What were your challenges?

What is your intention?

Get protective about your mindset – no longer focusing on what you lack.

Healing Habits Dream Big

We've started to let go of the old beliefs that no longer serve us.

Let's start to get clear about what we want.

What do you want – dream big!

What is your goal

What are the visible indicators of achieving that goal?

What does it look like?

What does it feel like?

For example -

Clear skin

Fast asleep cosy in bed

Bright eyes

Running by the sea

Playing with your grandkids

Be kind to yourself. This is a process, learn to love the process.

Healing Habits -Intention to action

1 small change / 1 habit at a time

What is the Intention: I am.... eg I am loved

How does that look? I am loved when I take time for myself

How does that feel? Calm and energised

The habit: I take time for myself when I show up for my favourite yoga class every week.

Remember that these changes are not selfish By looking after yourself you are more able to be present and supportive of the people around you. You have more capacity.

You might have noticed that I am not telling you what to do, or what to change. This is much deeper work. The changes have to come from you. The feelings and beliefs have to start with you.

You have all the resources you need to make the changes that you want to make.

Healing Habits Friends + Foes

Friends and Foes

What is the feeling or emotion you want to cultivate?

Things that support that feeling / belief

Things that do not support that feeling / belief