

INNER CRITIC

You tend to focus on your shortcomings and be overly critical and judgemental of yourself. You may blame any lapses on character defects or lack of will power.

GOAL:
Learn how to accept and validate yourself.

FOCUS ON USING AFFIRMATIONS

Self-acceptance takes practise! One way to do that is to use affirmations or positive statements of self-belief. Affirmations can help you trade old self-critical thoughts for new self-accepting ones.

What do affirmations look like? They usually begin with 'I am' or 'I can'. For example, 'I am a healthy and active person', 'I am healthier today than I was a month ago'; and 'I practise progress, not perfection'. They are most powerful if they are personally relevant.

Think about an affirmation that relates to Food, Body & Mind that you can start practising this week.

Food:

Eg. 'I am fuelling my energy with healthy foods'

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.....

Write down your affirmations and read them daily.

Say them to yourself and keep them visible.

Body:

Eg. 'Every step I take makes me feel stronger and fitter'

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Mind:

Eg. 'I am turning my lapses into learning opportunities'

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LEARN FROM LAPSES

Part of mastering self-acceptance is learning how to re-frame even the most challenging situations in a more positive light. Lapses happen and are completely normal, but it's how you respond to them that matters.

Use the Four-Step Solution:

1. Forgive Yourself

Don't judge yourself. Your lapse was a single event, a moment from which you can learn so you can make plans for a different result in the future.

2. Analyse the Situation

- a. Where were you?
- b. Who was there?
- c. What was going on?
- d. What did you feel?
- e. What did you say to yourself?
- f. What did you do?

3. Plan a New Strategy

When faced with the situation again, what will you do differently?

4. Rehearse

Discuss your plan with your Consultant.

Problem Solve the Situation

This can help you pin point the cause of your lapse so you can develop the best solution.

<i>Because there was...</i>	<i>Then the solution is to...</i>
1. No Way – an uncontrollable circumstance with no way to make a better choice	Forgive yourself and celebrate what did go well.
2. No How – you didn't have the skills or information to make a better choice	Ask your Consultant for ideas to better handle the situation next time.
3. No Desire – you didn't have the desire to make a better choice	Refuel your motivation to make the better choice next time.

FOCUS ON YOUR POSITIVE CHANGES AND SUCCESSES

Another easy way to practise self-acceptance is by recording your positive changes or successes as 'wins' each week. Your successes don't need to be monumental – they can be as simple as choosing to eat your Jenny lunch when feeling tempted rather than going through the 'drive thru', or going for a walk when you felt tempted to reach for a treat.

When you find yourself judging yourself and using negative inner dialogue, think about your 'wins' and write them down on your menu to remind yourself.