



CREATING
THE
LIFE
YOU
LOVE

6 Things You Can
Do To Develop
Self-Compassion
and Live Fully

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“Chasing a person doesn’t give you value or build values in you. You earn your value by chasing morality and practicing dignity.”

- SHANNON L. ALDER

Introduction

Creating the life you want to live is perfectly within your reach! By truly embracing yourself, you're able to embrace life with excitement and gratitude. Do you need more self-compassion? How can you increase positivity in all areas of your life?

There are 6 actions you can apply to your life that will increase your feelings of self-love and self-worth:

- **Chapter #1: Clear Out All Areas of Doubt.** In this chapter, we will look at the various areas in your life where you may harbor doubts. With this knowledge, you can begin the process of letting go of these doubts.
- **Chapter #2: Avoid Overthinking.** In this chapter, we will discuss the various ways in which our minds speed so far ahead of us. You can now let go of regret, of the nagging voice in

the back of your head, and of fear of social situations.

- **Chapter #3: Explore Your Community.** This chapter covers the importance of building a solid community. The best place to start is exactly where you are. You can now go out into your community and engage with others on a new and authentic level.
- **Chapter #4: Practice Mindfulness.** Declutter your mind by getting centered in the present moment. This chapter provides techniques for coming back to the present moment and having compassion for yourself there.
- **Chapter #5: Let Go of What Holds You Back.** In order to move forward, you must let go fully of the things that no longer help you grow. Let go of your anger, fear, and the people who keep you from your fullest potential.

- **Chapter #6: Hold Onto What Moves You Forward.** Get clear with your values and use them to set goals. Explore your spirituality and connect yourself to your existence. Finally, do what you have always been meant to do. **Embrace your greatness.**

You're beyond enough. You're completely worthy of acceptance and inner peace. We will discuss these concepts in depth throughout these chapters and you'll have a stronger understanding of how to fully love yourself and live your best life.

**“Doubt kills more dreams
than failure ever will.”**

- SUZY KASSEM

Chapter One: Clear Out All Areas of Doubt

What are your favorite things about your life? Think for a moment about what you're grateful for. It's possible to feel that gratitude in each moment of the day. **Imagine how it might feel to dive into life and pursue your true potential!**

What do your days look like? What kind of people are in your life? What is your profession? What hobbies do you make time for?

You have the opportunity at any moment to take hold of your life in order to create the structure that works for you. This book is going to give you the tools that can help you begin to make changes in your life. You can develop your life however you want.

By practicing new skills and applying new concepts, you will find yourself coming out of your shell in new ways. **You will love**

yourself in a way that makes you feel confident, worthy, and grateful. Learning about and applying self-compassion can revolutionize your lifestyle and help you live your very best life.

Shedding Your Doubt

Carrying around negativity and doubt adds a ton of weight to your shoulders. **You're allowed to let go and move on from any doubt you have in your life.** It's okay to be unsure and confused. That's a natural part of life.

Now you have the opportunity to begin awareness of where you have doubts. You can practice self-awareness by doing daily introspection. How do you feel when you think about work? How do you feel when you think about the relationships in your life? How do you feel about how you spend your time?

Considering these questions and paying attention to how you feel can assist in the objective observation of your daily life and

inner dialogue. **Your life has many components, and doubt can fester in all of them.** The time has come to acknowledge those doubts and take action to be free of them.

Self-Doubt

Self-doubt is the first thing you want to let go of. If you're constantly doubting what you say or do, the time has come to make a change. If you lack confidence in any environment, it's time to transform your thinking.

Your spirit and energy can be totally drained by self-doubt. Sometimes it's difficult to realize that you're doubting yourself, especially if self-doubt has become such a natural part of your inner dialogue that you don't notice it.

Let's start by identifying how you doubt yourself, and how that doubt manifests in your life.

Questions to consider:

- How often do you sacrifice your needs for what others want?
- Do you frequently apologize for things you don't need to apologize for?
- Have you ever been called or referred to yourself as a people pleaser?
- Do you stop yourself from speaking up for yourself?

Considering these questions can help reveal any self-doubt you hold that you might not notice.

When you sacrifice your needs for others, you're putting yourself second and neglecting your own importance. When you apologize for what you don't need to, you're shaming yourself and discrediting yourself unnecessarily. You don't need to apologize for passing someone in the hallway or for asking a question.

If you find that you want everyone to like you, you might be a people pleaser. Do you go out of your way to win people over? Do you say things that contradict your values in order to gain approval of others? This is a good demonstration of self-doubt.

You're allowed to stand tall. You're allowed to speak your truth and be heard. **The first step is to raise your self-awareness.** Start noticing how much you value yourself compared to those around you. How does your self-doubt manifest in your behavior?

Critical Self-Talk

Self-doubt can be caused by the words you say to yourself on a daily basis. The way you see yourself and the world around you is affected by your self-talk.

When you're walking into a nerve-racking situation, are you calming yourself in a self-compassionate way? Or are you speaking poorly to yourself about who you are and how the future will turn out?

Telling yourself that you're not enough will weigh heavily on you. **Critical self-talk decreases motivation and increases unproductivity in all areas of your life.**

If you don't begin to change your thinking, it will be difficult to see the many possibilities in your life. If you continue to berate yourself for the way you walk, talk, or breathe, you will only dig yourself further into a hole of negativity.

So, begin by observing your behavior and actions throughout the day. Hear your self-talk and determine whether it's positive and self-compassionate.

Negative self-talk goes hand-in-hand with self-doubt because they fuel each other. When you doubt yourself, you're not seeing yourself as worthy. When you don't believe you're worthy, you will feel self-doubt.

Doubting Relationships

Think about your community as a whole. Take an aerial view of it and see all of the

connections in your life. Think about your barista at the coffee shop, your colleagues at work, your best friends, and any significant other you either have or will have in your life. Do you need more authentic connections in your life?

Begin pursuing the relationships you crave that will add meaning and purpose to your life.

Look at the connections you have with those around you. Do you feel motivated by the people close to you? Do you feel motivated by the people you work with? What's most important is the quality of your relationships.

Are there relationships in your life that you doubt? **Begin by getting curious about what is underneath your doubt.** How do you feel? Fearful? Resentful? Misunderstood? There are certainly things you can do to improve the quality of the relationships in your life. It's okay to crave connection. Humans are wired for that.

It's okay to doubt any relationships. You can either choose to let those relationships go with compassion, or you can decide to commit a conscious effort to make those relationships more beneficial to you.

How to Improve Personal Relationships:

- **Remain patient and compassionate.** If you have a tendency to react strongly, instead, push the pause button to get back to a place of calm and compassion. Express your caring feelings by having an open mind and listening ears.
- **Actively listen.** When you're having a conversation with someone close to you, be sure to give them the floor. Instead of thinking about what you want to say next, pay attention to what the person in front of you is saying. Show them that you're listening by having open body language and validating their truth.
- **Structure regular times during which you give attention to your**

relationships. You can go out and do an activity, make a phone call, or go get a quick coffee. The important thing is to stay in touch and reach out consistently.

- **Learn from the people closest to you.** Just as those in your community can learn from you, you can learn from those in your community. Whether you're discussing your life story or learning about their line of work, there is always something to gain from those around you.
- **Spend time around those who are positive and motivate you.** If you're feeling exhausted by the relationships in your life, see what you can do to liven them up. You can also put yourself out there and meet others who will bring you to new heights.

When you're riddled with doubt, you're probably in a pretty foggy state of mind. It isn't easy to see clearly when your reality is tinted with insecurity and lack of confidence. This is how many people live

their whole lives. **You don't have to live this way!**

Your feelings of doubt likely come from your previous years of errors, shame, and confusion. It's possible to reverse this thinking in a way that will free you from insecurity and help you focus on what is really in front of you in the moment.

Start by working on your thoughts. Do you find yourself overthinking when you're in social situations, or after you send a text message to a love-interest? **It can be difficult to slow down thoughts when they feel like they're going a million miles per minute.**

The next chapter will give you some solutions for what to do when you cannot stop overthinking things.

“Don't get too deep, it leads to over thinking, and over thinking leads to problems that don't even exist in the first place.”

- JAYSON ENGAY



Chapter Two: Avoid Overthinking

Do you ever try to write your thoughts, but they're coming too quickly for you to write them down? Do you have that feeling of overwhelming thoughts frequently? How much time do you spend ruminating on the past?

Imagine a day where you take each moment as it comes and don't think about past moments. **Imagine going to sleep at night without replaying all the wrong things you said that day.** This freedom is totally possible by practicing a few new things and applying some principles to your daily life.

We all have a little nagging voice in the back of our head that can tend to narrate negative things regularly. **That little nagging voice might convince you that you can tell exactly what others are thinking of you.** When you believe these things, you're only creating more destruction in your own life.

Instead of replaying each conversation you've ever had, focus your attention on the present moment. **When we remember the past, we typically see more negative than positive.**

Letting Go of The Past

What conversations or behaviors do you think about when you're replaying negativity in your head? Are there people you actively avoid because you're afraid of what they think of you?

Now is the moment where you can let yourself let go of all of those things and move forward. You no longer need to ruminate over the past. Are there memories that make you sad, angry, or fearful for the future? **You can let these things go by releasing your regrets and turning them into a tool for positive growth.**

How to Let Go of Regret

Follow these strategies:

1. **Get curious about what, exactly, you regret.** Do you regret old relationships, decisions, behaviors, or words? **The regrets that cause you the most distress are important to dissolve.**
2. **Write about your biggest regrets.** Get them apart from you so that you can look at them. Get specific about what you regret. Consider your lifestyle, behavior toward others, or decisions. Do this nonjudgmentally.
3. **Look at these regrets and think about what lessons you can learn from them.** Maybe you can apply one of these situations to your values. You don't need to use regrets to try to be perfect. Instead, you can look at them as opportunities to learn something new about yourself in a positive way.

4. **Practice self-forgiveness.** Give yourself permission to forgive yourself and grow forward. Imagine the shackles of your past dissolving. You will naturally struggle from time to time, and that's okay.

5. **Decide how to move forward.** Though you cannot control every aspect of life, you can control the decisions you make based on your present moment. You don't need to hide away in shame or continue to doubt yourself. Instead, rise up and embrace each moment with a stronger sense of compassion for yourself.

Let your compassion for others grow.

Regret helps us feel compassion for others because we can put ourselves in their shoes when sharing difficulties, even if we are on different paths. So, when you're stuck in feelings of regret, you can instantly relate to all who have felt what you feel.

You grow through both your struggles and successes. You can use these moments of regret to re-energize your efforts to live your fullest life and love yourself completely.

That Little Nagging Voice

Have you noticed any constant chatter in your head that can put a negative tint on your day? What do you do during times of frustration with yourself? **You have the power to confront this voice in the back of your head that tells you that you're not enough.** You can insist on the opposite, and you're right.

Start by simply hearing what you say to yourself each day, through each interaction and situation.

Think about how your motivation relates to the way you're speaking to yourself each day. When you're in a good mood, how do you talk to yourself? When you're in a bad mood and having a terrible day, observe how the way you speak to yourself changes or stays the same.

You can adjust the way you talk to yourself by replacing the negative thoughts you think with positive thoughts. It can be as simple as that. Simply come up with a

thought that will oppose your critical self-talk.

For example, if you say, “I’m just going to keep disappointing people,” you can replace that thought with, “I am growing each day.”

This type of resetting the way you treat yourself will have a hugely positive long-term effect. You will notice your thoughts becoming more positive. Pay attention to how your mood changes as a result.

Social Anxiety

Do you overthink every social interaction you have? How do you feel when you're approaching a large group of people? Some people thrive more when they are surrounded by people. Others need some quiet time to recharge. **Think about how you feel when you're in large groups.**

It's common for our thoughts to speed up in social situations because we're paying attention to so many different things. The

larger the crowd, the more there is to pay attention to. This can be overwhelming.

Luckily, there are simple things you can do to help ease any social anxiety you feel, regardless of the situation.

These strategies will help minimize social fear:

1. **Get curious about your fear.** Is there something specific that you're afraid will happen? Consider the feelings you feel when you think about an upcoming social situation. What emotions arise when you're walking through a crowd or having a one-on-one coffee with someone?
2. **Walk yourself through that fear by getting rational.** You cannot predict the future. Bring yourself to the present moment and acknowledge that you can choose to assume this will be a good experience, or you can choose to assume it will be a negative experience.

3. **Be compassionate with yourself.** All moments are good times to unconditionally love yourself.
4. **Ask a friend to go with you to social situations that make you nervous.** You and your friend will have a stronger bond, you will do something fun together, and you will have a chance to embrace socializing with a new energy.

When you can move past this fear, you can expand your horizons even further. Continue to grow your self-compassion by moving through fear and getting curious about it, rather than shying away from anything that might be out of your comfort zone.

When you truly believe that you're worthy, you will find many of your common irrational fears drift away. As these fears dissipate, you will find yourself feeling more open and willing to have new experiences and adventures.

Getting Over Overthinking

Once you move past your negative thinking, you can begin to explore new arenas of your life. In order to best make these changes, free yourself from your negative self-talk and regret. Acknowledge the people around you and begin to open yourself up to new experiences.

When you have let go of self-doubt and begun to build your relationship with yourself, you will find that you don't ruminate negatively on your day, your past, or your future.

Next, your readiness to embrace the world around will give you new opportunities to thrive.



**“I know there is strength in
the differences between us.
I know there is comfort,
where we overlap.”**

- ANI DIFRANCO

Chapter Three: Explore Your Community

Shedding self-doubt and letting go of overthinking will leave you with more motivation and confidence. When you truly appreciate yourself, fear will not hold you back in the ways that it can in times of self-loathing.

With this freedom, you can pursue activities and people that will fit into the life you want to live.

Jump In

Increase your understanding of the world around you by exploring more of it. This does not have to be taxing or time-consuming. You can start exactly where you are.

Start by observing what is around you throughout your day.

Put your phone down while you're in public places, such as the grocery store or the bookstore. You can use these moments to participate in the world around you. Look at your surroundings, at the people around you, and observe yourself in this arena. **Keep your head up and try to stay open to those around you.**

By showing any willingness to engage in your community, you're opening yourself up to new opportunities for connection. People are typically not as scary as we make them up to be in our heads. By attending local events and activities, you will have the opportunity to have a good time with new people while doing something you enjoy.

Consider these activities for getting involved with the world around you:

1. **Be a tourist in your own town.** Spend a weekend seeing the local attractions your town has to offer. Whether it's

large or small, pick an adventure and go with it. You can take a walking tour, go to a museum, or participate in a larger group activity.

2. **Participate in a team sport.** If you love getting active by playing your favorite sport, find a local recreational team that you can join. This will help you get to know people while doing something that you already enjoy.

3. **Try something new.** If you've never done a team sport, try one! If you've never been to a nice restaurant by yourself, try it! You can practice self-compassion while being kind and open to those around you.

4. **Acknowledge the people you see frequently.** If you have the same barista three days per week, or you see the same person at the gas station every time, acknowledge them.
Though you hardly play a role in each other's' lives, you can always uplift each other's' days by having a pleasant interaction.

5. **Learn a new language.** Take a class or join a group that can help you pick up a new language. Choose a language that's frequently spoken around you, so you can connect with more people. You can also choose a language of a country that you plan to visit.

6. **Join a club.** Look online to find groups meeting in your area. You can find groups for everything. Whether you like sewing, reading, painting, or protesting, you can find a group doing just that. This will help you connect with others that you have something in common with.

By embracing what's around you, you can use your environment to help you thrive.

Living your best life means putting yourself out there in new ways. Do the things you love and learn the things you've always wanted to learn. Shed self-doubt so that you can have frequent moments of fearless connection with others and your world.

Be Authentic

It is not always easy to be authentic. **Being authentic requires that you reveal your true thoughts, dreams, and ideas.** Gone are the days of people-pleasing. You can speak up for yourself, pursue the things you want, and talk with new people all while being totally authentic and kind.

Be nice to yourself and kind to others. Being your authentic self means that you're showing the world who you really are by being conscious of your actions and taking chances to demonstrate your values and loves.

Follow these tips for embracing authenticity:

1. **Continue to love yourself.** Increase your self-compassion practice by improving the way you speak to yourself throughout the day. When you're able to accept yourself in your head, that will show on the outside. You will feel confident and worthy.

Your thoughts matter.

- 2. Make intentional time to get to know your community.** Whether it's once per week or once every few months, get out and get involved. As you continue to follow through on this commitment, it will get easier, and it will definitely be more fun than fear!
- 3. Practice gratitude.** Gratitude is an excellent key to authenticity because it helps you get to a place where you feel grateful for your life and everything in it, good or bad. When you're having these feelings of gratitude, you're more likely to feel at peace with yourself.
- 4. Do what brings you fulfillment.** Instead of doing or saying what everyone wants you to, take a pause and think about what is most fulfilling for you. That is what authenticity is about. It is just about you being you, exactly as you are. Love yourself for that.

5. **Allow yourself to be inspired.** Take a deep breath of fresh air, stretch your arms above your head, and listen to the sounds you love. When you're feeling inspired, your confidence goes up and you're more comfortable with yourself.

6. **Increase interactions with those around you.** By putting yourself in small, positive social situations, you can have even more practice with being truly you. Practice on the small stuff, like ordering the food you want to eat for dinner or picking out the movie for your group of friends.

You can build authenticity over time. At first, it can be a tricky concept to work with because sometimes it can be difficult to catch ourselves being inauthentic. If you notice that you're people-pleasing or avoiding your truth, compassionately remind yourself that you have permission to be exactly who you are (and exactly who you are is enough).

Start by noticing the times when you're inauthentic and thinking about what you

could do or say differently in future instances. For example, if you chose music that you don't like because you knew your friend would like it, you can decide that next time you will play the music you want to listen to.

Doing this on small things will build confidence to speak up when it really counts.

Let Go of Expectations

When you go out to a large concert or even a small dinner, do you find that you begin to play everything that you think might happen while you're out? Do you imagine negative conversations, rejection, or a negative memory being formed?

When you're excited about something, do you find yourself imagining how perfect it will be? Do you ever find yourself disappointed when things don't live up to your expectations? This is totally normal.

As humans, we crave certainty.

It sometimes seems easier to assume that the worst will happen than to accept that we have no idea what will happen. There is something a bit insecure about letting go of expectations. It can feel like a lack of structure or security.

Let go of perfection

First, let's talk about the disappointment that comes when things don't meet our expectations. Imagine you're attending a party and expect to have so much fun, taking photos, laughing, and having the best night of your life. Your expectations set up your excitement for the entire night.

If you have expectations that things will be perfect, you will crash to disappointment as soon as things stop being perfect, even if they are still going well. Sometimes expectations are crushed even after a night that has gone wonderfully. Because it was not the perfect, exciting night you imagined, you feel a loss.

When you find your mind drifting toward expectations of perfection, take these moments as a sign that it's time to pause and release these expectations. **Instead, you can say, “I am excited for what this evening holds,” with a sense of curiosity instead of pressure.**

If you find yourself disappointed when things did not go according to plan, reflect on the event and find what *did* go well. Maybe things that you had not even considered in your planning went well. Maybe it was just one thing that made the whole night seem terrible.

Let go of the worst-case scenario

It's easy to assume that the worst is going to happen.

For example, when you need to give an important speech, you might find yourself assuming that you're going to be a total failure. You may be putting unnecessary pressure on yourself to be outstanding, and you may find yourself assuming that you

cannot live up to the greatness that you want to live up to.

If you're going on a first date, you might assume that your date will be horrible and that they will not like you.

How could you possibly know? By walking into situations with these negative attitudes, you're more likely to feel stress and fear while you're in that moment.

If you feel like the worst is going to happen, pause for a moment to remind yourself that you cannot tell the future. Remind yourself that you get to control yourself and your behaviors, no matter the situation. So, you can choose to walk into a new situation with a patient curiosity and an open mind.

Negative mindsets often take years to develop. It may be a habit that you picked up in an attempt to protect yourself from previous fears. You can find the beliefs that are not productive for you and choose to release them.

So, if you're assuming that people don't like you, or that things are not going to go your way, you can dive into that and learn more.

Focus on the moment

Letting go of expectations will enable you to live your best life because it's another layer of weight that you're removing from the things that keep you from being truly you.

Instead of having any expectations at all, positive or negative, **learn to embrace the present moment for exactly what it is.** You don't have to obsess over the past or try to predict the future. You don't have to try to read people's minds or try to predict their behavior.

Instead, take a pause and bring yourself to the present moment. This present moment acknowledgement comes as a result of mindfulness and can be applied to every area of your life, every day.

**“Be mindful. Be grateful.
Be positive. Be true.
Be kind.”**

- ROY T. BENNETT



Chapter Four: Practice Mindfulness

Mindfulness is simply awareness of the present moment.

It's common to think frequently about the past and the future. You replay your day, remember childhood disappointment, and grapple with loss. You try to predict the future, assume the worst, expect perfection, or get disappointed before the next thing has even happened.

How often do you stop thinking about the past or the future, and instead consciously focus your attention on the here and now?

Mindfulness means you're giving your full mind to the present moment. There are many ways to practice mindfulness, and we will go over many of them here.

Mindfulness will have a powerful effect on your mind and your life. You will find that

you have stronger emotion regulation, feel more at peace throughout the day, and enjoy yourself more than ever before.

Your self-compassion practice will be drastically improved when you begin to put mindfulness in your routine. Practicing mindfulness is helpful with self-compassion because it helps center you in reality and feel calm and accepting of everything around you, including yourself.

Living your fullest life means taking each moment as it comes. You can appreciate every moment and look for each lesson.

Mindfulness

Mindfulness nonjudgmentally invites you into the present moment. When you can sit in the present moment and have compassion and open-mindedness, you will be able to connect to yourself on a truly self-compassionate level.

When you're truly mindful, you will find a new peace of mind that brings about calm throughout your life and your heart.

Mindfulness is simply turning your attention toward the present moment. You can do this by implementing some practices to help you bring your mind to a present state.

It's a good idea to make time each day to practice mindfulness. **You can begin by working on doing your typical routines in a more mindful way.**

For example, you can mindfully brush your teeth by taking your time instead of rushing through.

Begin by getting your toothbrush wet and putting toothpaste on it. Notice your tube of toothpaste and the color of your toothbrush. You can do all of this without judging any of it as “good” or “bad.” Begin brushing your teeth. Pay attention to the bristles on the brush. Notice the taste of the toothpaste and feel your teeth getting cleaner.

Pay attention to any tension you're holding. Relax your shoulders and jaw. Loosen your grip on your toothbrush a little bit.

If you begin your day like this each morning, you'll begin to notice a change.

This is an excellent way to start your day and a great way to implement mindfulness.

You can find many ways to practice mindfulness. There are many avenues toward compassion and awareness of the present moment. Try many activities to find ways that work for you to practice mindfulness.

Consider these simple mindfulness activities:

1. **Body Scan.** You can release tension and come back to the center of the present moment by checking your body for tightness. Do this by sitting comfortably or laying on your back. Begin at your toes and work your way up your body, relaxing each of your muscles as you go.

2. **Pay attention to your five senses.** Name things you hear, see, feel, taste, or smell. By doing this, you're remaining observant of where you are right now, and you're connecting yourself to this moment.

3. **Practice mindfulness meditation.** You can simply sit and pay attention to your breathing. You don't have to breathe in a particular way. Simply notice your breath.
 - **Avoid judging intruding thoughts.** Acknowledge them and then return your attention to your breathing.

4. **Mindfully eat your favorite food.** Sit with your plate in front of you. Look at all of the food and smell the delicious smells. When you take a bite, pay close attention to the taste and texture of each food.

5. **Color in a coloring book. Coloring is an excellent mindfulness skill.** It's fun and it's a great way to get your energy out without acting on it in a negative

way. Pay attention to the colors and all of the shapes you're coloring. You can set a timer for 15 minutes of coloring and see how relaxed you feel at the end.

With all mindfulness activities, your thoughts will likely drift. If they do, simply come back to the moment. You never need to judge yourself for getting lost in thought again.

When you're truly mindful, you have no judgments on anything. **You're able to simply sit in the moment and tolerate what you're going through.** Mindfulness brings more enjoyment to each moment.

When you can truly appreciate this, you will find compassion blossoming. **Having compassion in the present moment connects mindfulness to self-compassion.** Self-compassion and mindfulness work together to create a full love for self and life.

Mindfulness and Self-Compassion

When you're able to truly be in the moment, you will have easy access to a deep well of self-compassion and compassion for everyone. When you're sitting in the present moment, pay attention to having compassion for the moment. Take that compassion and turn it inward.

Self-compassion comes when you're able to truly give yourself the love and appreciation you need. **When you're practicing self-compassion, you're embracing each part of you in every moment.**

When you're mindful in the moment, take your attention to yourself. If judgments or regrets come up, simply respond with deep self-compassion. What would you say to your very best friend?

If you're suffering, how do you speak to yourself? If you made a mistake or lost an opportunity, how would you speak to yourself? **In times when you're being**

critical of yourself, you can use mindfulness skills to increase your self-compassion and be better able to tolerate the present moment.

One effective way to arrive back at self-compassion is by taking a self-compassion break.

To begin, take a few deep breaths. Relax your shoulders and ease the tension in your jaw. Give yourself a hug and comfort yourself. Give yourself all of the kindness that you would give to your closest friend. Allow yourself to feel loved and grounded in the present moment.

Constantly Compassionate

When you've found self-compassion for yourself, you can begin to spread that compassion to all beings. Imagine your compassion growing and growing. By starting small with mindfulness, you will see all of the ways you can implement it in your

life. Over time, you can continue to advance your practice and find even more appreciation for the present moment.

As your self-compassion grows, so will your compassion for all beings. Imagine your compassion growing and growing, until it encompasses the earth with love. **You can feel that peace and calm by having a regular and consistent mindfulness practice.**

Giving yourself compassionate attention can transform your life.

“Letting go means to come to the realization that some people are a part of your history, but not a part of your destiny.”

- STEVE MARABOLI



Chapter Five: Let Go of What Holds You Back

Moving forward means letting go of the past. We can be grateful for what we've learned and gained from the past. However, staying in it and wishing to change it, or remaining resentful for many years, will stunt your personal growth.

There are many things you can move on from. In order to best glide forward and reach new heights of happiness and success, there are people to forgive, fears to move on from, and negative people to let go of. You can even let go of yourself and forgive yourself. Set yourself free from all of these things.

Let Go of Resentment

Resentment is one of the heaviest things you can carry with you. It limits genuine

freedom. People can be unjust and hurtful. **You never have to be okay with what anyone has done.** When someone has done something to hurt you or someone you love, you're allowed to be angry.

The fact is, what happened is what happened. That is the first step to forgiveness. Practice radical acceptance. Begin by acknowledging that the reality is indeed the reality. Acknowledge it mindfully, without judgment.

All you need to say is, “yes, this happened.” This is acceptance. **Acceptance does not mean that you're okay with what happened.** Acceptance will enable you to move forward from resentment.

Once you've come to acceptance, you can begin the process of forgiveness. Despite how you may feel, forgiveness does not require the person you're upset with to do anything. **Forgiveness is all about you.**

As with all things, forgiving becomes easier with practice

First, write down your resentments in a list. Begin with the people who are easiest to forgive, and work from there. When a person comes up who you want to forgive, you can take a deep breath and say, “I forgive you.” While you're doing this, release tension in your body and allow yourself to relax and feel the resentment leaving.

You will need to do this process for some people multiple times.

Forgiveness is powerfully beneficial and will make your life more joyful and rewarding.

This is also a great opportunity to learn more about yourself. Use your feelings of resentment and your process of forgiveness to get to know yourself better. How can this inform your values? Where do you want to go from here?

Let Go of Fear

Most fears are imaginary. They are stories we tell ourselves about who we are and what is going to happen.

When you feel fearful of the future, you keep yourself from achieving your fullest truth. You have learned fear. At some point, fear has served you. Of course, there are rational fears. The fears to let go of are the ones you think of when you think of what fears are holding you back from being truly you.

When you imagine your fullest self, what fears have you shed? What fears are long forgotten? It's helpful to visualize yourself feeling this freedom. These feelings will motivate you to make your fullest life a reality.

When you find yourself feeling fearful, observe and name that fear. Use your rational mind to understand what fears are coming from your ego.

Observe the moments when you feel fearful. Then, watch what you do in response to that fear. Begin working on remaining open during these times of fear. Instead of closing off and going back into your shell, see what it's like to remain open even in the face of fear.

You have much courage within you. When you feel fear creep in, name it, sit with it, and release it. **Being mindful in these moments is essential.** Bring yourself to the present moment. Breathe in your courage, exhale your fear. Imagine the fear leaving your body and leaving you only with greater courage.

Let Go of Negative People

Are the relationships in your life serving you well? It's easy to get lost in a destructive relationship. Sometimes it's easier to stay friends with someone than it would be to stop being friends with them.

Remember, there are many people around you who relate to and appreciate you. The only way to find them is by loving yourself fully and putting yourself into the world around you.

The way you let people treat you says a lot about how you treat yourself. **If you begin being kinder to yourself, you may find that**

you're better able to ask for what you need from those around you.

When you can ask for what you need from others, you're showing yourself respect and love. When you demand respect from others by demonstrating it to yourself, you will find your relationships beginning to improve.

You will know that a relationship is no longer serving you when you leave interactions with that person feeling worse than you did when you arrived. If this happens regularly, or you see a pattern of inconsistent behavior, or even if it's simply a difference in values, you might want to consider letting go of that relationship.

It can be intimidating to cut ties with a friend. However, it's a necessary part of growth. Sometimes you only need to be in someone's life for a short time so that you can both learn what you need to. **You don't need to be friends with all of your friends forever.**

One way to create structure around the kind of people you allow in your life is by setting

boundaries. **If you have a toxic friendship in your life, you can put boundaries in place to keep your needs clear.**

For example, if you have a friend who is frequently intoxicated when you're together, and that upsets you, you can set a boundary that you will not spend time with that friend when they are intoxicated. This boundary is clear and not up for interpretation.

Setting boundaries like these can help keep your toxic relationships at bay, and new positive relationships will come forward.

How to Set Boundaries

Try these techniques:

1. **Get quiet and think about your needs.** You can write on a piece of paper about what you need in your life and what people are no longer helping you attain your greatest good. Let yourself write without judgment and see what feelings or needs come to

the surface.

2. **Establish your limits.** Know where the line is for how much you're willing to tolerate.
3. **Know what you need.** In times of stress or frustration with a person, what are things that you need in those moments, based on how you feel? Do you need to leave? Do you need to end the interaction?
4. **Communicate your boundaries clearly.** Boundaries are a great guidepost because they are sturdy and you can simply repeat that boundary in response to any reaction you get back.
5. **Be consistent in following through on your boundaries.** Pay attention to how you feel when you do or don't follow through. If it's difficult for you to take a stand, keep practicing and see what happens.

6. **Give yourself the okay to let go of these people that are causing harm or limiting you.**

Allow Yourself to Let Go

Now, give yourself permission to do all of the healing and letting go that you need to. In order to most powerfully grow forward, you must commit to trusting the process fully. You can now let go of your past. You can let go of your regret, anger, fear. **You can let go of the people that hold you back or don't believe in who your best self is.**

When you're letting go of people, you can take that time to participate in your community in ways that will help you get closer to people who are better suited for this season in your life.

**“When you truly love or
want what you are pursuing,
holding on can never be
harder than giving up.”**

- MOKOKOMA MOKHONOANA



Chapter Six: Hold On to What Moves You Forward

When you let go of one thing, you're free to hold onto another. As you let go of the things that hold you back, you're now able to grab hold of the things that will propel you forward.

There are many things you can use to help move you forward. **Start with the things that inspire you most and work from there.**

In this chapter, we'll cover some great things you can begin to hold that will help you continue to grow. What is meaningful in your life and how can you pursue it? How can you use spirituality to ground you and move you forward? How can you best embrace positive experiences and give yourself what you need in your daily routines?

Clarify Your Values

Take a moment to think about the most important things to you. Think of your family, friends, work, and yourself. What words come up when you think about these things? What words come up when you think about what kind of person you want to be?

These things are what you value.

You can narrow down your values to just a few core values that can help guide you in the right direction toward a fulfilling life. You can determine your values however you want to. What character traits would you most like to act on? Honesty? Humor? Integrity? Leadership? Family?

Think large, and then get smaller. Come up with a large list of values and then narrow it down. Think of about 4 - 5 values that you want to live up to on a daily basis.

Once you have those values selected, begin thinking about what it might look like if you put these values to action. For example, what would you do more of if you followed your

value of humor? What would you do less of if you lived up to your value of family?

Imagine yourself acting out these values and keep them in mind as you go about your days.

Use these values when you're trying to make a decision about what the next right thing is. Use them to determine what sort of people you want to invite into your life. You can even use your values to give you confidence and meaning.

When you have a solid set of values, so many things will fall into place. Values make things straightforward and clear.

You will typically be able to tell if you're not living up to your values. **Just as in mindfulness, when you find yourself straying from your values, nonjudgmentally come back to them.**

Having your values solidified will help guide you through the rest of your life. You can

start to set goals that will help you grow at exponential rates.

Goal Setting

Set goals that are realistic for you and that are based on your values. You can use your values to help you determine where you want to end up. When you bring your dreams into the mix, goals start to appear.

Set long term goals first. Think of your wildest dreams and then work from there to come up with some short-term goals that will help you in your day-to-day life.

Goals will help guide you to your true potential. **You'll be better able to see the big picture when you know what you're really working for.** When you don't have a big idea in mind, it can be easy to lose perspective.

By keeping your long-term dreams in mind, you'll be able to take a step back and see your purpose any time that you're feeling lost. Goals are the breadcrumbs that lead to the dream.

Explore Spirituality

If you can get to a place of peace and calm with the meaning of your existence, you will feel much more at peace in the rest of your life. No matter what your spirituality entails, you can choose how you want to tether yourself to your existence.

What brings you peace in the storm? What can you learn from each moment of your life? Imagine the things that bring you the most comfort. When do you feel the most connected to the world around you?

These methods will help you explore your spirituality:

1. **Go somewhere peaceful and sit quietly or write.** Think about a time or two when you've felt the most connected to the world around you. Think about a time when you've felt truly connected to your feelings of meaning in your life.

2. **Look at the core of those moments.** What were you feeling? What were you doing? What were you trusting?
3. **Now, go do more of those things.** If you enjoy sitting outside, go sit outside. Doing things that help you connect to nature is an excellent way to get to a spiritual place.
4. **Volunteer.** When you help others, you will feel a sense of calm that is rarely found elsewhere. This type of authentic human connection can improve your relationship with your ideas of spirituality.
5. **Practice mindfulness.** Practicing mindfulness daily is a great way to get more in touch with your spirituality. Sitting in that stillness can bring about transcendental experiences that can help you grow in new ways.
6. **Talk with others about spirituality.** If there are people in your life whom you admire, you can discuss their spirituality with them. Ask them how

their spirituality informs the rest of their life.

You can use your feeling of spiritual purpose to ignite and bring calming inspiration to all areas of your life.

Having a larger idea of why you're here will help center you in the present moment and give you a stronger sense of security when you're full of existential angst. Holding onto spiritual habits that work for you will bring a new sense of strength to your life and your heart.

Embrace Your Greatness

Praise yourself each day and embrace the greatness that you truly are. When you truly begin to realize that you're completely worthy of love, you will also realize that you're unstoppable.


Feel your sense of greatness well up within you. During moments of mindfulness practice, feel your back straighten and your

shoulders relax. Feel the inspiration flowing in your veins and **enjoy the person you are.**

Start by treating yourself when you need to. What are your favorite things to do? Start making time each day or each week to do the things that you love most. You deserve to have fun, and you can give yourself that fun by taking charge and believing in your worthiness.

Make kindness a regular part of your daily self-talk. You can do many things to remain in a place of compassion with yourself. For example, write yourself short and encouraging notes in the morning. You can use these to motivate you through the rest of the day. Who says you cannot tell yourself that you're proud of yourself?

Give yourself praise each day. You're allowed to praise yourself for getting out of bed, putting on shoes, or getting a promotion. Be proud of yourself for everything. You've worked hard to get where you are. By giving yourself praise, you're acknowledging your strengths and giving validation to yourself.



“For us to feel
good emotionally,
we have to look
after ourselves.”

- SAM OWEN

Summary

Self-compassion is a lifelong project and a daily practice. By loving yourself fully, the real you will come to the surface and you'll have a stronger understanding of the beauty within your life. By seeing this beauty, you'll be better able to live your most fulfilling life.

Shed the doubt that you hold onto. What self-doubt do you carry around with you? How does it affect your behavior? When you're able to see the areas in which you doubt yourself, you can begin changing self-sabotaging behavior that keeps you from your best self.

If there are relationships that are struggling in your life, you can either let them go or try to improve them. Doing nothing will not make anything better. You can improve your relationships with friends, community members, colleagues, and family by being patient and compassionate.

Showing compassion for others will help you practice it for yourself, just as being

compassionate to yourself makes it easier to show compassion to others.

If you consider yourself an overthinker, you can bring your mind to a state of peace by shedding the various ways in which you over think.

Let go of the past. Let go of the things you've done that you feel guilty for.

Let go of regret. You can let go of regret by giving yourself permission to move forward. Write about the things you regret in order to take a step back and learn from them. **There is always a lesson to learn if you're willing to look for it.**

Use moments of regret as an opportunity for connection to all those who have experienced what you're feeling.

Release that little nagging voice.

You're your biggest bully. You no longer need to say harsh things to yourself in times of confusion or doubt. Perhaps you've noticed a

constant narrator that is sometimes (or frequently) negative and destructive. There's no need for you to listen to this voice, as it only keeps you from pursuing your greatest self.

Instead of listening to the negative things you say to yourself, replace those things with positive phrases and thoughts. Instead of believing that you're a failure, see yourself as a learner.

Social anxiety and fears are common and necessary to move through if you want to adventure through life with openness. However, letting go of these fears can be difficult. You can begin by asking a friend to help you through social situations that make you nervous.

Jump into the adventure of the community around you. Peruse your community with the eyes of an explorer. Dive in and see what is in store. Take a quiet moment to truly participate in the world around you.

You can engage with your community by talking with others and being kind to them.

Building community starts small. Starting small helps you build confidence in approaching new people if that is something that makes you nervous.

You can get involved with the world around you by being a tourist in your own town, trying something new with a group of people, or having a conversation with the barista at your coffee shop.

When you're diving into your community, do so with authenticity. The more you love yourself, the more comfortable you will be with being authentic. Increase the interactions with the people around you so that you can continue to practice being your true self and connecting with people from that level.

Let go of expectations. These expectations don't serve you. Instead, bring your attention to the present moment, where all is well and you're full of gratitude.

Mindfulness is an essential part of uncovering your true self-compassion.

You can practice mindfulness by paying close attention to what you're doing in the present moment. Choose an activity that works for you and make it a regular part of your daily routines. Use mindfulness to grow your self-compassion practice by loving yourself in each moment.

Let go of the things that keep you from growing.

By letting go of the things that no longer serve you, you're freeing yourself to experience life on entirely different levels.

Let go of resentment, fear, and negative people. When you let go of resentment, you're releasing a weight off your shoulders that you may not have noticed before because it has been there for so long.

When you let go of fear, you're better able to fully embrace the future with curiosity. You will be better able to approach the present moment with a built-in sense of gratitude. When you feel fear creep in, remain mindful and express compassion for that fear while you release it.

Let go of negative people by setting clear boundaries with them. Get your needs clear and establish your limits. **Give yourself what you need by recognizing your specific needs in stressful situations where you may need to have strict boundaries.**

Communicate your boundaries clearly and continue to follow through on them.

Take hold of the things that propel you in a healthy direction.

By embracing your true self, you can let go of the patterns that are not helpful for you. When you let go of those things, you can hold onto more positive things.

Get clear with your values so that you can use them as a compass on your journey in a fulfilling life. **Look to your values to help point you in the right direction when you're not sure where to go.** Your values determine the kind of person you want to be and how you want your behavior to reflect that.

Set realistic goals that are based on your wildest dreams. Determine what small thing you can do each day to work toward those

dreams. Set goals each day, week, or month in order to keep yourself moving forward.

Acknowledge your greatness.

When you're able to look in the mirror and feel truly proud of who you see, you will know this practice is working. You can appreciate yourself, and you should.

You're allowed to be proud of yourself and grateful for what a great person you are.

Take this deep love for yourself and find security in it. As you're living at your fullest potential, you're able to move forward and grow to new levels of knowledge.

When you love yourself, you can live fully.