

Self-Reflection

The process where I begin this day to affirm love for self and begin a NOW growth practice daily.

BONUS #1

Self Reflection Questions

In what ways do I show myself love? Explain.

Have I allowed myself to “get lost” in another? Explain.

Do I truly know myself? Explain.

Do I remember the things I once desired? Explain.

How might I regain my sense of self again? Explain.

Am I afraid of loss? Explain.

Do I fear not knowing how to handle truths about self faults and flaws? Explain.

Write your explanations. This is the start to a self-evaluation process.



<https://www.facebook.com/jacquelinethillbiz/>

<https://www.thelivingacts.com>

Self-Awareness

Choose to either react positively or be proactive in a different capacity. Newton’s Third Law contends, “For every action there is an equal or opposite reaction.” Become “sensitive” to yourself and how you respond. Communicate your feelings.

Self-Love

Choose places of safety. If you are surrounded by toxic people, you will not receive affirmations. You will not be able to trust a toxic person. Toxic people do not give love, they abuse and take your love for granted. Be around those you don’t question whether or not you can be vulnerable.

Self-Thoughts #Challenge

Choose to not see yourself as others do. This is challenging because we internalize offenses projected on us for years. We eventually “accept” their perception of us as truth—and we react negatively. Beginning NOW, say to yourself, “I am NOT/ NO LONGER _____!!! (Fill in with the word(s). Write 4 sentences of what YOU ARE NOT! DO NOT SHARE THIS PART! Begin to practice WHAT YOU ARE NOT with actions. Your actions will tell it ALL!