

Be. YOU. tiful



FEBRUARY IS NATIONAL SELF-LOVE
MONTH!

Celebrate February by using this journal to
improve your self-compassion, self-care,
and self-esteem!



Improving Self-Esteem

What is Self-Esteem?

Self-esteem is the opinion you have of yourself. When you have healthy self-esteem, you tend to think positively about yourself and life. People with healthy self-esteem know that they are valuable, and will be able to name at least some of their positive qualities. However, when you suffer with low self-esteem, you tend to see yourself, the world, and your future more negatively and critically. You might feel anxious, sad, low, or unmotivated. Your self-talk is filled with criticism. You might say things such to yourself like "I'm so stupid", "I will never be able to do this", or "I don't amount to anything". It's hard to find your worth, compassion, acceptance, or much of anything positive under all the harsh words and feelings.



Improving your self-esteem is one of the most significant things you can do when practicing self-love. This journey often starts with identifying and examining your core beliefs. Core beliefs are often rigid "rules" that were established long ago that subconsciously rule your life. Examples of core beliefs include:

- I am bad
- I can't do anything right
- I am unlovable
- The world is dangerous
- I can't trust anyone

How To Change Your Core Beliefs

Core beliefs *feel like truth and can be challenging to alter.* They are like inner "walls" that have no doors and restrict you from experiencing new possibilities in life. To change them, you have to take a sledgehammer and start making some doors. This "sledgehammer" often takes the form of Cognitive Behavioral Therapy (CBT) and it should be noted that this is the safest way to explore core beliefs and the situations that have created them. Doing this work alone can be triggering to your mental health state. If you decide to start exploring on your own, consider following these steps:

1. Record your negative self-talk for 3 days; including, what triggered the negative self-talk, what you said to yourself, and your overall mood during these events
2. Review this record on the 4th day. What beliefs about yourself emerged? Can you figure out why these beliefs exist?

Now that you have a better understanding of the what and why, decide on positive self-talk ideas that you can say to replace what you are currently saying. This process can take a significant amount of time and it is not easy, but well worth it. You deserve a positive loving relationship with yourself.

Record your Negative Self-Talk

What Core Beliefs Emerged?

Why do you Think This Core Belief(s) exist?

Weekly Self-Love Journal

Monday

Mood: 😞 😞 😐 😊 😄

Three positive things about me...

Tuesday

Mood: 😞 😞 😐 😊 😄

I feel good about myself when...

Wednesday

Mood: 😞 😞 😐 😊 😄

I show up for myself when...

Thursday

Mood: 😞 😞 😐 😊 😄

Areas in my life that need more self-compassion are...

Friday

Mood: 😞 😞 😐 😊 😄

Things I should do when I feel tired...

Saturday

Mood: 😞 😞 😐 😊 😄

Things that made me happy today...

Sunday

Mood: 😞 😞 😐 😊 😄

One thing I want to do for myself this coming week is...

February 2022

MONTHLY SELF-CARE PLANNER

Plan a moment of self care every day! These acts can be small and as simple as taking a few minutes to deep breathe.

MON	TUE	WED	THU	FRI	SAT	SUN
31	01	02	03	04	05	06
07	08	09	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	01	02	03	04	05	06

NOTES
