



FINDING VALUE WITHIN

Moving Away from External Validation

REAL (FELT) COMPLIMENTS

curate

Keep a list of all the compliments you have received that you KNOW to be true

TEST YOUR THOUGHTS

check in

Stand back from yourself for a minute; ask "Am I letting a current situation become my truth?". Mark Pitcher: "This is a chapter, not the whole book"

PARENT YOURSELF

nurture

Imagine yourself as the 8 year old you feeling the negative feelings. In the same picture, soothe and protect this child with reassuring words

NO JUDGEMENT

acknowledge

If you do need the likes and thanks, that 's OK. Accept this validation is an important currency for you but not the only one

REHEARSE PAST VICTORIES

testify

When were you awesome? Write the stories down of when you made a difference; these create your own testimonial. You did it before, you can do again



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