

## Checklist for Shifting Self Criticism into Self Praise!

Self criticism is self abuse. How can beating ourselves up improve the way we feel about ourselves? We can never build positives by focusing on negatives. Choose to shift this pattern and stop criticising yourself, stop scaring yourself with your own thoughts and start praising your self instead! It will feel much better and be the turning point to growing self worth and self esteem.

1. Catch yourself running yourself down, finding fault with yourself, abusing yourself and immediately say "I accept myself as I am". When we keep fuelling negativity we keep it alive. When we surrender into acceptance, we immediately stop that cycle and provide the space for change!
2. Falling into the trap of thinking "This is silly" or "Other people don't do this" or "This is a lie to myself" etc. just gives your power away to the problem. Choose to take your power back and realise that you need to treat yourself better if you want to feel better!
3. Catch yourself scaring yourself with your own thoughts. All negative thoughts *harm* you - yes, actually actually harm you - mentally, emotionally and *physically* as tests have proven. Choose to *breathe*, imagine these negative thoughts evaporating or you blowing them up and choose to fill your mind with positive stuff that *is* going to serve you.
4. Start praising yourself! We all feel better with some praise - so choose to praise yourself, for every little thing you do! I even tell myself "Well done" when I've washed up a cup! The more you can say "Well done" to yourself and acknowledge yourself, the more *you* are valuing you! This is again taking your power back because the more you acknowledge you are praiseworthy by acknowledging *yourself* - even if only for tiny things to start with - the more you will be able to grow in your sense of self worth and self esteem. *And* the less praise you will then need from others to feel worthy. You will also be able to receive praise authentically if you get it. Self worth is a huge life changer! And is a big step towards opening the door to self-love.
5. Monitor your feelings constantly to tell you whether you are on the positive side (feels good) or negative side (feels bad) of how you talk to yourself. Our feelings are our 24/7 feedback system! If you've been beating yourself up and consequently feeling bad, choose to switch it as above and notice the difference in your feeling!
6. Practice! Consciously choose to say "Well done me" as many times as possible in a day, for example:
  - ~ When you've loaded the washing machine or finished a pile of ironing
  - ~ When you've cooked a meal
  - ~ When you've tidied up
  - ~ When you've got through something at work
  - ~ When you've done some gardening
  - ~ When you've played with your child or read them a story
  - ~ When you've done a job you've been putting off
  - ~ When you've pushed on and done what you've needed to do even when tired
  - ~ When you've taken some time to relax, have a bath or some other 'you' time
  - ~ When you've made a cup of tea!



7. Keep this up until this becomes the normal way you see yourself - in positive light instead of negative light! The difference will filter out in all other aspects of your life too!
8. Get into the habit of laying down judgement of others and accept them as they are too. Unless it affects you directly, it's none of your business how people choose to be or live. The less you judge and the more you accept, the less negative energy you will hold and perpetuate. (You can then support any changes you want to see - such as ending cruelty to children/animals - from a 'what you do want' perspective).
9. Grow your self praise daily, finding more and more you can say "Well done me" for - or "I'm proud of myself for that" or "I've done really well there" or other phrases that fit any particular situation.
10. Praise others too as much as you can! Tell *them* "Well done you" or "You've done really well there". Putting others down, even if not meant seriously, will always feel negative for them. That is not helpful to anyone or encouraging to them.

If you notice you are thinking or behaving in ways that are the opposite of "Well done me" scenarios, know you can change these too! This is just you being your lower self and functioning from your Rats' Den mind rather than being your higher self and functioning from your brilliant, evolved Palace mind - just next door in your own head. You could choose to switch these as you catch yourself, or if you need more help, get either of my books from Amazon, as shown below, or arrange a call with me through my website. You deserve to be your best - for your sake and everyone else you care about.

"Beat Your Depression For Good" available from Amazon on kindle or paperback  
"Experience The Change - The No.1 Guide For Young People to Feel Good, Be Happy and Enjoy Life"  
available from Amazon on kindle or paperback  
(Although for young people, the message is the same for adults too!)

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