



21 Days
**BECOMING KINDER
TO YOURSELF**

-AND-

**MORE CONFIDENT
IN DATING**

CONTENTS

WEEK 1 - NOTICING YOUR INNER CRITIC

1. Introduction
2. Getting Started
3. Exercises Day 1 to Day 7

WEEK 2 - CHALLENGING NEGATIVE THOUGHTS

1. The Effects of the Inner Critic
2. Exercises Day 8 to Day 14

WEEK 3 - EMBEDDING NEW BELIEFS

1. How to Embed New Beliefs
2. Exercises Day 15 to Day 21
3. Conclusion



GET STARTED

Introduction

Hello!



Are you suffering from negative chatter in your head beating you up regularly? If you notice that you have an inner foe instead of an inner friend, this workbook is for you! I wish I could tell you that there is a quick fix to cancel that voice permanently, but the truth is that most of us have had DECADES of negative programming and it takes time and commitment to change our inner dialogue.

Following this plan for 21 days straight may not completely rid you of your inner critic, but it will allow you to swap negative thoughts for more positive ones, and if you continue to make this a habit, you will witness growth in your self-esteem and confidence that will improve your life in a multitude of ways.

When journaling, find the system that works best for you. There are tons of different ways to express and keep track of your thoughts: you can voice journal, video journal, physically write in a notebook or journal, type into notes or a Google doc, or utilize an app that helps motivate you. You can also print this PFD and use it as your journal to start!

You can write as much or as little as you want, but the key to successful journaling is consistency, even if it is just a few bullet points daily. I hope you enjoy this journey of self-love and healing!

Lisa

Certified Dating Coach

lovelifeacademy.com

coaching@lovelifeacademy.com



21 Days to Build a Habit

Print this calendar and check-off the days you journal.

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

Notes:

Get Ready Checklist

Before you begin this 21 Day Journaling Practice, get the simple things done so they don't become excuses to completing this practice.

- ☐ Decide method of journaling
- ☐ Set a daily reminder
- ☐ Select a personal reward for when you finish
- ☐ Consider an accountability partner



Summarize your Get Ready Checklist plan:

Noticing Your Inner Critic

Do you treat yourself as you would typically treat a loved one who is having a hard time? Or when you need it the most, do you have an inner enemy instead of an inner ally.



EXERCISES

Week 1



Noticing Your Inner Critic

Begin by paying attention to your inner critic instead of allowing these negative thoughts to zoom by in your head without being challenged or called out.

Using the Daily Journaling Questions

During Week 1, use the daily journaling questions to build the skill and ability to pick out your inner critic.



Day 1

1. What things did my inner critic point out today?
2. Are these things true?
3. Are these things kind?

Day 2

1. What self-critical thoughts crossed my mind today?
2. Are these thoughts based on facts or assumptions?
3. Am I comparing myself to others?

Day 3

1. On a scale of 1 to 10, how active was my inner critic today?
2. Do these statements make me feel encouraged or discouraged?

Day 4

- 1.What self-doubts did my inner critic point out today?
- 2.Do these thoughts increase my motivation or decrease it?

Day 5

1. What fears did my inner critic address today?
2. What is my inner critic trying to protect me from?

Day 6

1. What kinds of things has my inner critic been telling me today?
2. What do I gain from my inner critic?
3. Do I feel like it is trying to help me or harm me?

Day 7

1. Were there any pessimistic thoughts I harbored about myself today?
2. Who would I be without these thoughts?
3. Do I believe that I can change the inner dialogue to a healthy, positive one?

WEEK 2

Effects of the Inner Critic



Challenging Negative Thoughts and Effects of the Inner Critic

This week, we will work to challenge these negative thoughts and replace them with better ones. Psychologist Rachel Goldman Ph.D., suggests examining whether or not these statements are true or false and replacing them with something more positive.

However, if you find yourself thinking thoughts like "I am a failure"/"I am going to fail," you shouldn't replace it with something like "I know I am going to succeed." We want to avoid setting ourselves up for failure by telling ourselves something we don't believe fully.

Dr. Goldman recommends you replace the negative thought with a more neutral and compassionate one, such as, "I don't know if I am going to be able to do it, but I am trying my best."

Sources:

Source: <https://www.verywellmind.com/how-to-change-negative-thinking-3024843>

Day 8

1. What kinds of things has my inner critic been telling me today?
2. Is there something positive that I could say to myself instead?
3. Are there things I could enjoy if these thoughts weren't holding me back?

Day 9

1. What negative self-assessments did I have today?
2. What would my friends or family tell me if they heard these thoughts?
3. What damage are these thoughts causing me?

Day 10

1. What kinds of things has my inner critic been telling me today?
2. Am I as hard on others as I am myself?
3. Do I avoid things I would otherwise enjoy doing because of my inner critic?

Day 11

1. Review today's negative thoughts, what came up for you?
2. What would I tell a good friend if they had these thoughts about themselves?
3. How would my life change if I took my own advice?

Day 12

1. On a scale of 1 to 10 how active was my inner critic today?
2. Are these thoughts realistic?
3. What could I accomplish if I didn't have such a strong inner critic?

Day 13

1. What self-critical thoughts crossed my mind today?
2. What do I miss out on because of my inner critic?

Day 14

1. What things did my inner critic point out today?
2. Are these things true?
3. Are these things kind?

WEEK 3

Embedding New Beliefs



Positive Beliefs

After the past two weeks, you should be better at picking up on your inner critic and should start seeing some patterns in your thinking. You may be realizing how much your inner critic holds you back and what you might rather believe about yourself. This week is about embedding more positive beliefs and affirmations into your life.



Day 15

1. Review the negative thoughts from the past two weeks:
 - a. What does your inner critic look like?
 - b. What does your inner critic sound like?
2. Come up with a name for your inner critic. The idea is to separate your negative thoughts from your sense of self. I have had clients name it after a bully from childhood, a mean-spirited teacher, a family member, frenemies (friends who act more like enemies), or a completely made-up character. I even had a client name her inner critic the same thing as Wanda Sykes did in a standup routine. Even famous and successful people give their inner critic a name! What would you like to name yours?

Day 16

1. Review the negative statements over the past couple of weeks.
2. What thoughts do I ruminate about the most?
3. For each ruminating thought, I want you to answer, "What would I rather believe?"

Day 17

1. Write each ruminating thought you uncovered on day 16 and the positive statements you came up with to counter them.
2. Based on the recurring thoughts, are there any changes I need to make to feel better and more positive about myself?
3. Now, turn each positive statement into an affirmation. For example, "I am no good at writing" gets replaced with "I'm not good at writing, yet," and then becomes an affirmation of "I will become a better writer by practicing regularly."
4. Journal each affirmation five times.

Day 18

1. How active was (name of inner critic) on a scale of 1 to 10 today?
2. Pick 2 positive affirmations, new or old, and write them five times each.

Day 19

1. How active was (name of inner critic) on a scale of 1 to 10 today?
2. Pick 3 positive affirmations, new or old, and write them five times each.

Day 20

1. How active was (name of inner critic) on a scale of 1 to 10 today?
2. Pick your favorite affirmation and write it on a mirror or post-it note. Place it where you can see it daily such as your bathroom mirror, fridge, or coffee maker.

Day 21

1. What changes have you noticed since week one of the program?
2. Was (name of inner critic) as active this week as it was in week one?

You Did It!

Recognize that 21 days is just a start. Controlling your inner critic is a daily practice. In your life's journey, think of who you want to have along for the ride. Would you rather have a judgy and critical friend or a compassionate and supportive friend by your side? Dating is challenging, so choosing good, healthy-minded company, whether in your head or your physical world, will help you to feel more comfortable and confident.

FINAL THOUGHTS:



“Through self-compassion we become an inner ally instead of an inner enemy.”

Source: The Mindful Self-Compassion Workbook by
Kristin Neff, PHD & Christopher Germer, PhD

Thank-you!

If you find this kind of personal work beneficial on your dating journey, consider working with a Love Life Academy coach.

Learn practical dating and relationship skills from experienced experts. Cut through the bad dating advice and learn the basics of building healthy relationships that last.



Contact:

lovelifeacademy.com

coaching@lovelifeacademy.com