

# Day 2

JL PERSONAL COACHING

## **SELF-ESTEEM SUPER BOOST CHALLENGE AFFIRMATION AND ACCEPTANCE**

WELCOME TO DAY 2 OF THE SELF-ESTEEM CHALLENGE. YESTERDAY, WE TALKED ABOUT APPRECIATING YOUR STRENGTHS.

TODAY WE'RE GOING TO REFLECT ON AND AFFIRM WHO YOU ARE. YOU DON'T NEED TO BE SOMEONE ELSE, YOU NEED TO LOVE WHO YOU ALREADY ARE.

### REFLECTION:

MOST PEOPLE HAVE A PICTURE IN THEIR HEADS OF WHO THEY THINK THEY SHOULD BE. I SHOULD BE SMARTER. BETTER LOOKING. FUNNIER. BETTER WITH KIDS. NICER, MORE LOVING, MORE EASY-GOING.

THESE IDEAS HAVE BEEN ENFORCED FROM A YOUNG AGE BY PARENTS, TEACHERS, AND EVEN FRIENDS.

THIS HAS TO STOP TODAY. TODAY IT'S TIME TO AFFIRM AND ACCEPT WHO YOU ARE – NOT WHO YOU SHOULD BE.

HEATH L. BUCKMASTER SAID: "OFTEN, IT'S NOT ABOUT BECOMING A NEW PERSON, BUT BECOMING THE PERSON YOU WERE MEANT TO BE, AND ALREADY ARE, BUT DON'T KNOW HOW TO BE."

IT'S TIME TO MAKE PEACE WITH YOURSELF. TO AFFIRM AND ACCEPT WHO YOU ARE. TO PUT ASIDE IDEAS OF WHO YOU SHOULD BE AND EMBRACE WHO YOU ALREADY ARE.



*"We can never  
obtain peace in  
the outer world  
until we make  
peace with  
ourselves." -  
Dalai Lama*



## Action: Without Action There Is No Change

### Action:

Today, take 10 minutes to say these affirmations out loud and repeatedly, until you actually believe them.

- I have everything I need within myself.
- I have much to celebrate about myself and my life.
- I choose to stop apologizing for being me.
- I love the person that I am.
- I accept myself unconditionally.
- The only approval I'll ever need is mine.
- Accept others as they are and they in turn accept me as I am.

The more you affirm and accept yourself, the most your self-esteem will increase.

Okay, remember to spend 10 minutes on the affirmations! No cutting out early!

Before we dive in tomorrow, share one affirmation in the comments below that REALLY helped you.

*Coaching Tip*

This may sound like a corny exercise to you. However, if you start reinforcing your strengths and replacing negative self-talk with positive self talk you will see change. The only thing we can control in this life are our thoughts.

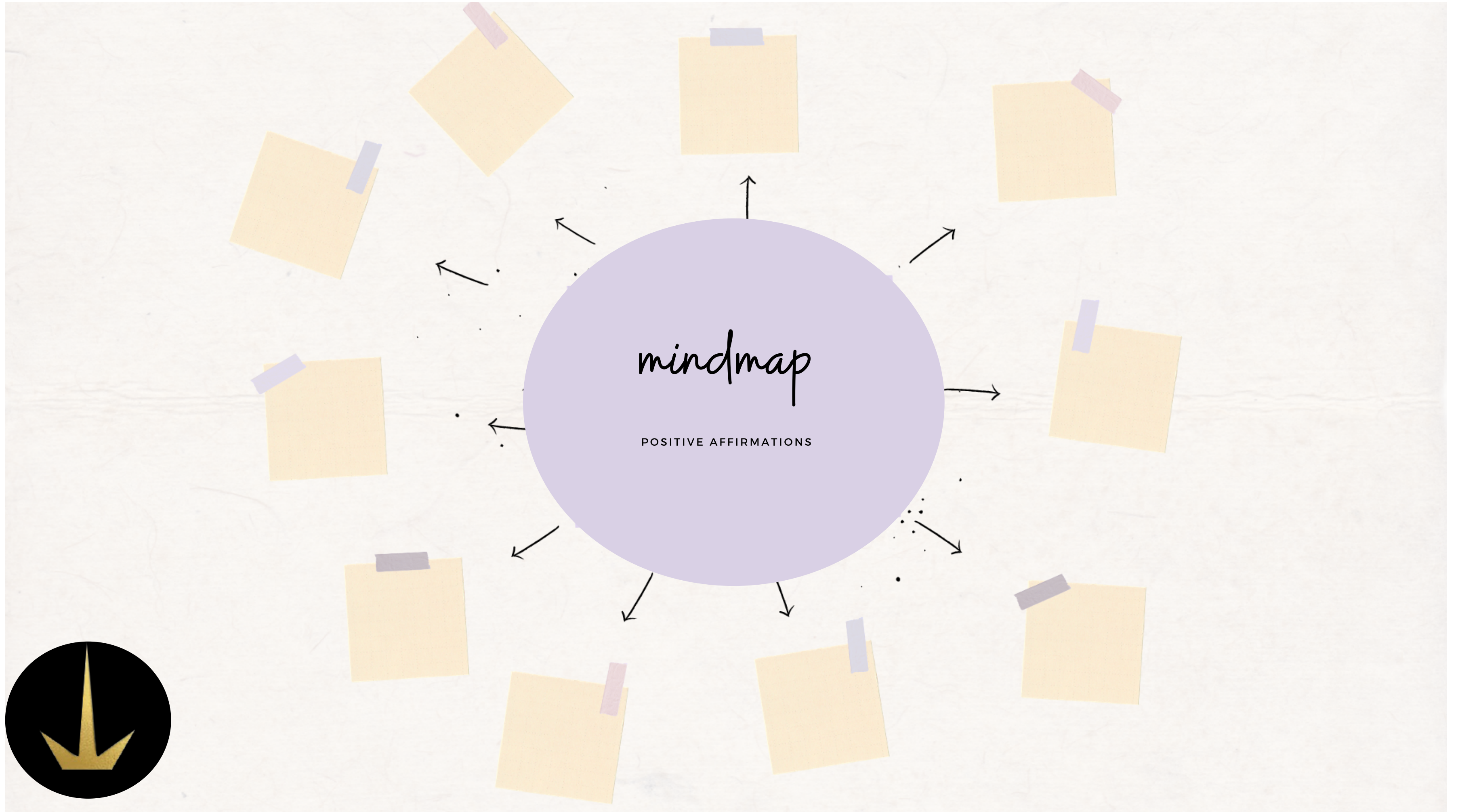
## REMINDERS

Place little reminders around your home or office space. Surround yourself with pictures and words of motivation that inspire you. This will remind you to keep your thoughts positive and take control of how and what you think about daily.

-







# Free Resources

KNOWLEDGE+ACTION=CHANGE

**THE ENNEAGRAM TEST** : FOR ALL OF YOUR WHO KNOW ME- I AM OBSESSED WITH THE ENNEAGRAM AND HOW IT IS A LIFELONG TOOL THAT TEACHES ME ABOUT MYSELF AND THE PEOPLE WHO ARE AROUND ME.

**TAKE THE TEST FOR FREE: [HTTPS://WWW.TRUITY.COM/TEST/ENNEAGRAM- PERSONALITY- TEST](https://www.truity.com/test/enneagram-personality-test)**

**I AM APP**: HOW MANY NEGATIVE THOUGHTS HAVE BEEN ENDLESSLY REPEATING IN YOUR MIND? DAILY AFFIRMATIONS HELP REWIRE OUR BRAINS. BUILD SELF ESTEEM AND CHANGE NEGATIVE THOUGHT PATTERNS. EMPOWER YOURSELF BY VERBALLY AFFIRMING YOUR DREAMS AND AMBITIONS. CHOOSE FROM MANY DAILY INTENTIONS AND SET REMINDERS TO BE DELIVERED THROUGHOUT THE DAY. POSITIVE AFFIRMATIONS NOT ONLY DO THEY HELP MAKE MAJOR SHIFTS IN YOUR MIND THEY ALSO TEACH YOU TO BE MORE MINDFUL. DOWNLOAD HERE:

**[HTTPS://PLAY.GOOGLE.COM/STORE/APPS/DETAILS?ID=COM.HRD.IAM&HL=EN](https://play.google.com/store/apps/details?id=com.hrd.iam&hl=en)**

**READ THIS**: WHY AND HOW AFFIRMATIONS WORK.

**[HTTPS://WWW.PSYCHOLOGYTODAY.COM/US/BLOG/SMART- RELATIONSHIPS/201403/AFFIRMATIONS- THE- WHY- WHAT- HOW- AND- WHAT- IF](https://www.psychologytoday.com/us/blog/smart-relationships/201403/affirmations-the-why-what-how-and-what-if)**

**READ MY BLOG: [HTTPS://WWW.JULIELOKUNCOACHING.COM/POST/POWER- MANTRA](https://www.julielokuncoaching.com/post/power-mantra)**



*Journal Prompt: ↓  
What negative loops do you repeat  
in your head daily?*



To recognize your thoughts is the  
first step to replacing these  
negative re-enforcers in your  
head.