



Module 3

How You Treat Yourself



Review of Module 2

What did you see about yourself as you looked through the eyes of love?

What did you discover about yourself you didn't know before?

How will this discovery help you in your path to find the Majesty in You?



How have you been treating yourself?

With care, patience, understanding, support, kindness, nourishment, love, encouragement, sweetness, rest, nurturing?

OR

With demands, impatience, irritability, pushing, neglect, roughness, punishment, criticizing, rules, expectations?

Take some time to journal about this and be honest with yourself.....



How you treat yourself affects how you see yourself and either enhances or detracts from the greatness that is already in you.

From what you discovered in your journaling write down three ways in which you treat yourself that are not helpful.....

1. _____

2. _____

3. _____

If there are more than three ways, write them here.....

4. _____

5. _____

6. _____

Now ask yourself WHY you treat yourself in these ways? Where did you learn this from? Who or what taught you to treat yourself in a way that dishonors you?

Take some time to journal about this before you respond.....

How you treat yourself also teaches others how to treat you.

Do you see any similarities between the ways you mistreat yourself and the way others mistreat you?

If you want others to treat you the way you deserve to be treated, then you are required to treat yourself in the best possible way. You can decide that you will treat yourself in a way that respects the amazing person you really are. This is a decision only you can make. A commitment to yourself can completely change not only the way you see yourself, but the way you feel about yourself and the way others treat you.

Are you ready to step into this commitment now?

If you are say this aloud to yourself:

“I say YES to treating myself as the amazing being I really am. I say YES to nurturing myself. I say YES to caring for me. I say YES to putting myself first. I say YES to allowing others to support me. I say YES to allowing myself to be pampered. I say YES to allowing myself to feel luxurious. I say YES to setting boundaries. I say YES to taking good care of my body. “





Write down what some of practical ways you will take action on the commitment you made to yourself.....

(for example: getting enough sleep every night, doing one thing at a time, eating foods that give you energy, staying away from certain people, etc.)

Choose three ways in which you will better treat yourself this week and write them here.....

1. _____
2. _____
3. _____



For this week, practice treating yourself in the above 3 ways and write down what you experience.....
