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*Day 1*

# COMPARISON

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"Comparison is the thief of joy." -  
Theodore Roosevelt

When you speak to yourself negatively, you are constantly comparing yourself to an idea of what you believe things "should" look like. At the same time, you are robbing yourself of the present moment. Below, analyze what is inspiring the comparison.

When do I compare myself to others?

Ex: I compare to my friend who seems perfect.

What reality do I think I "should" be living?

Why am I allowing comparison to steal my joy? What expectation can I release?

# Day 2

## SELF-CARE

"Self-Care is not about self-indulgence; it is about self-preservation." - Audre Lorde

The longest relationship you will ever have is the relationship you have with yourself. You MUST invest time in yourself for a lifetime of love, happiness, peace, and health.

Brainstorm: What makes me feel calm, centered, and confident?

### Ideas for Self - Care

- Exercise
- Meditation
- Journaling
- Yoga
- Time spent in nature
- Take a long bath
- Practice saying "No."
- Try something new
- Take yourself on a date
- Eat nutritiously
- Spa day
- Read a book
- Watch a favorite movie

What can I do each day to practice self-care? Schedule it!

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Remember: what you choose *NOT* to do is just as important as what you choose to do!

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# Day 3

# SOCIAL MEDIA

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You are enough. Period.

Social media, while connecting us, has left us feeling more isolated and alone than ever. We can choose to compare and judge ourselves, or we can choose media that inspires us. It's all about what you click!

## Reflect

Why do I use social media?

What do I share and why?

Have I ever allowed social media to change the way I feel about myself?

## My social

Lists the sites you visit according to how you feel after you visit.

**Positive**

**Negative**

## Challenge activity

Imagine yourself as a castle with a drawbridge. You are in control of who is allowed to cross the mote to enter your castle. Your mind is the same. You decide who is allowed into your head and who isn't. Especially, on social media. Now...

1. Pick up your smart phone or open your computer.
2. Open your favorite social media app or website.
3. Unfollow or unfriend 5 accounts that leave you feeling ashamed, disappointed, or embarrassed.

You are in control of your social media. You choose who you will be friends with and who you will follow. If you find yourself regularly comparing your life to someone you see on social media, shut the comparison down. Cut it off. You decide what energy will be allowed in your life. You decide. Take action to take control.

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# Day 4 YOUR BEAUTIFUL BODY

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## They profit from your insecurity

Your body is amazing. It really is! But, if you actually believe your body is beautiful as it is, there is no way to sell you stuff! So, companies create insecurities and TELL you what is beautiful so you'll buy their product. Ultimately, this doesn't make you feel beautiful. What does?

### Reflect

When do I feel beautiful?

How do I feel about my body? Why?

When do I feel the most pressure to change how I look?

### Fast Facts

- The beauty industry makes 160 billion dollars a year globally.
- Fainting couches were invented because women wore corsets so tight they couldn't breathe. This would cause them to faint.
- The average American woman is a size 16.
- Most supermodels are between the ages of 14-19 and have not yet developed a woman's body.
- 42% of girls in grades 1-3 want to lose weight.

### Activity

Your thoughts shape your relationship with your body. Write down the most common thoughts you have about your body. Then, write down just as many reasons why your body is beautiful.

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# Day 5 SHED YOUR LIMITING BELIEFS

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You know what's holding you back? You.

Your beliefs shape your reality. If you've always told yourself that you'll fail if you try, then you will fail. If you believe that you are unworthy of your dreams, then you'll never live them. Everything you want starts with your thoughts, beliefs, and actions. Sometimes, you must release old beliefs to grow into the next and best stage of your life.

## Reflect

Complete this sentence: I am...

Complete this sentence: I want to feel...

What do I believe is holding me back?

## What am I afraid of?

Circle all that apply

- Failure
- Change
- What other people will think
- Disappointment
- Rejection
- Loss
- Shame
- Vulnerability

## Activity

Everything you cling to as reasons to stay where you are, to continue shaming yourself, and to continue holding yourself back from living a full life are EXCUSES. You can choose your thoughts. You can choose your beliefs. You are more powerful than you can imagine. Below, write down three things you've always wanted to do. Next, write the excuse you've chosen. Then, explain why they aren't true.

Five Days to

*Self-Talk  
Salvation*

With Camryn

Nelson