



PRESENTS

Pratt's

YOUR LIFE IN FOCUS:

BE THE **LOVE** YOU NEED

LIVE VIRTUAL EXPERIENCE

WORKBOOK



Your Self-Love Score

13th February, 2021

Love is in the air this time of year. So often we look outward to feel cared for, validated and well. But the ability to give ourselves the love we need is the most valuable gift we will ever receive. Because, all love begins with the love we have for ourselves. We can be our own joy, solace and comfort. We can practice the ritual of self-care. Showing ourselves loving kindness when we get off track, tenderness in times of trouble and reverence in both moments of elation and uncertainty helps us become stronger and ultimately, healthier in all ways.

Instructions:

To assess your self-love score, consider how accurately each statement describes you at this time, and select a score from 1 to 4:

- 1 – Not me at all
- 2 – Sometimes me
- 3 – Often that's me
- 4 – That's me!

- 1. I appreciate and accept myself at any point in my wellness journey.
- 2. I have a self-care ritual that is important to me and I make time in my day to prioritise and practice it.
- 3. When I get off track (overindulge in a favourite food, skip a workout, spend more money than my budget allows), I am able to change course without a lot of negative self-talk.
- 4. When I am alone, I rarely feel lonely. I am able to create joy for myself.
- 5. When uncertainty takes over, I practice patience, giving myself the time I need to understand the situation as best I can.

Scoring:

Add up your scores and write the total here:

What your score says about your self-love in this moment:

5–8:

It seems like there is an opportunity to show yourself more love. This will help make it more likely to achieve what you want. Replacing negative self-talk with kinder thoughts can shift your mindset, help you feel better and set you on a smoother path to reach your goals.

9–12:

It's probably easier for you to forgive others than it is to forgive yourself. Yet, there's no reason not to direct the same — or more — kindness and compassion your way. Practicing being as kind to yourself as you are to your best friend might help you stay even more focused on your wellness goals.

13–17:

Self-love is definitely part of your personal toolkit, and you use it often. But there are those moments (you know the ones), where more self-acceptance without judgment could work well for you. Think about what helps you show yourself love and identify ways to bring that to life in tough moments.

18–20:

Hands clapping because you are giving yourself the love you need! By regularly practicing acceptance of and kindness toward yourself, you have lots of space to take in love and be the best version of yourself. Is part of that helping a friend who struggles with self-compassion?

Reflect and rejoice

Write down three things about yourself
that you are grateful for today:

YOUR CONTRACT FOR YOURSELF

I, ,

am committed to being the love I need in the following way:

(check one or more)

- Recognising that struggles are part of being human
- Replace negative self-talk with kindness
- Remind myself I am worthy of compassion and acceptance
- Create rituals that get me back on track
- Helping someone else be kinder to themself
-

My purpose for this is:

I will kickstart my commitment by doing this:

I will follow up with (name of person)

on (date) to discuss my progress.

(your signature)

(today's date)