



Proactively Protective

✨ a conversation with myself ✨

You can be your own best friend or worst enemy. Sometimes you are both on the same day! The internal conversations you have with and about yourself will shape how you think and feel about you. No matter how much external feedback you get, your own voice will always override other people's. This works both ways - if people compliment you but you are convinced you're unworthy, you won't be able to internalize their positivity. And if people put you down but you are convinced you are worthy, you won't be able to internalize their negativity. Use this **proactively protective conversation guide** to connect with yourself today, and remember - treat yourself like a beloved friend!

1. You are so capable. I'm proud of you for _____.
2. You are so worthy. I love _____ about you.
3. You're so loved. Who can you share that love with today? _____
4. You are talented. People say you're good at _____.
5. You believe you are good at _____.
6. You're at your best when you _____.
What are your opportunities to do that more? _____.
7. You have room to grow and learn, just like everyone else. What area of life do you want to grow in? _____
8. What topic(s) do you want to learn more about? _____
9. What are your favorite physical features? _____
10. What do you appreciate about your soul, the inner you? _____