

# THE SELF-LOVE MAKEOVER WORKBOOK ©

**The TurnFit Method**

**<https://TurnFit.ca>**

Self Growth

Self Esteem

Self Worth

Self Care

Self Respect

Self Aware



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# INTRODUCTION

The **Self-Love Makeover** was created to help address a serious issue that many of you are facing – the struggle to love oneself.

When asked, you may claim that you love yourself, but do your habits, behaviors and actions follow suit?

In the **Self-Love Makeover** we focus on “6 aspects of the self”. When you honor each of these different areas you naturally welcome self-love into your life.



Committing to “self-love” isn’t always easy. However, the 6 areas above provide you a blueprint that anyone can follow.

If this sounds interesting to you, let’s get to work!

# SELFWORTH

The journey towards self-love starts with self-worth.

Self-worth is feeling like you have value. You feel worthy of love and respect. You feel like you deserve good things and positive outcomes.

If you don't feel worthy of love, then you will never feel it.

Self-worth differs from Self-esteem. Self-esteem is a personal assessment of your abilities, skills and traits. Self-worth is feeling worthy, despite your personal assessment of your abilities.

One of the best ways that you can manifest self-worth is to tell yourself (aloud) that you are worthy.

## **Self-Worth Affirmations**

An affirmation is something positive you say about yourself. You do it out loud, ideally repeatedly, or if not – regularly (like each morning.)

Included here are some affirmations that you can use, but feel free to add your own. If you don't feel self-worth, practice saying affirmations regularly, until you start to.

- I am worthy of good things
- I am worthy of reaching my goals
- I deserve respect
- I feel good about who I am
- I accept who I am and am happy to be the person I am today
- I am a unique individual who deserves love, respect and empathy
- I can achieve anything I want

# Selfaware

Once you feel self-worth, the next step is to become more self-aware. After all, can you truly feel love for yourself if you don't even know who you are?

The best way to become more self-aware is to actively think about it. Most days we never consider what makes us tick. Below are several questions designed to help you become more self-aware. You can work through each question or choose the ones most important to you.

Ask yourself each question and think about your answer before you jot it down.

## Self-Awareness Prompts

## What do I want out of life?

[illegible]

## What are my core values?

[illegible]

## What gives me energy?

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## What saps my energy?

[illegible]

## What can't I live without?

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**What do I need to be happy?**

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## How do I deal with negative thoughts or feelings?

[illegible]

## When am I most productive?

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[illegible]

## What are my biggest distractions?

[illegible]

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[illegible]

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## What would a normal day look like in my ideal world?

[illegible]

## What kind of person do I want to be?

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## What is working well in my life?

[illegible]

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[illegible]

## What accomplishments make me feel proud?

[illegible]

[illegible]

**Ideally you will eventually work through each one. You will have a much better idea of who you are as a person, and that will make it easier to fall in love with yourself all over again.**



# SELFCARE

Once you have become more self-aware, it is time to focus on your self-care.

Self-care is one of the best ways you can prove that you love yourself. Taking care of your needs is not only necessary for self-love, it will also benefit every other area of your life.

Self-care can include an almost limitless list of behaviors and activities, but for the purpose of this workbook we will focus on the following:

- Sleep
- Healthy Eating
- Exercise
- Treating Yourself
- Stress Management

## Sleep

**What holds you back from a good sleep?**

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SLEEP TRACKER

Use this calendar to track how well you slept. This might help you spot patterns of behaviors that are negatively affecting your sleep.

Month:						
MON.	TUES	WED.	THURS.	FRI.	SAT	SUN

## Eating Better

Eating better doesn't require some insane diet, or massive lifestyle change. You don't have to follow some intricate plan either. Try the 70-20-10 method for easy guidance.

**FOODS YOU LIKE THAT ARE ALSO HEALTHY (70% of DIET)**

**FOODS YOU DON'T LIKE BUT ARE HEALTHY (20% of DIET)**

**FOODS YOUR LIKE BUT ARE UNHEALTHY (10% of DIET)**

## Getting More Exercise

Taking care of your body is a sure sign of self-love. Once again, you don't have to enact major change. You can double down on exercise you already do or find another form of exercise that you naturally enjoy.

### Exercise you already participate in

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### Exercise/sports/physical activities you are interested in trying

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## Non-Exercise ways you can incorporate activity into your life

*For example: taking the stairs instead escalator, or parking further away from your work*

[illegible]

## Treating Yourself

Sometimes all you need is to be nice to yourself. Sometimes you just want to spoil or treat yourself – and that is OK! You deserve it. Self-love means honoring your personal preferences and enjoying the things that make you happy.

**Brainstorm a list of ways that you could treat or spoil yourself. Whenever you feel the urge to do so, come back to this list and choose something.**

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

## Stress Management

You may not be able to manage your stress 100%, but taking steps to address it is undoubtedly an act of self-care.

**What stress you out?**

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**How can you address these issues?**

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# SELFRESPECT

Acting with self-respect doesn't just mean respecting yourself. It also means that you refuse to let other's disrespect you.

There are two important things you should focus on when it comes to your self-respect: Setting boundaries and toxic relationships.

Setting boundaries is about managing the expectations of other people. They need to respect your time, energy, and autonomy. Toxic relationships are relationship in your life where people do not respect you, and in fact, they are actively holding you back through either their words or actions.

## **Setting Boundaries**

Brainstorm a list of ways that you can set better boundaries. Does anyone in your life habitually step over your boundaries? How can you deal with them? Do you say "yes" when you want to say "no"? How can you address that?

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[illegible]

## Toxic Relations

Dr. Jillian Glass who is purported to have invented the term “toxic relationship” defines it as “any relationship [between people who] don’t support each other, where there’s conflict and one seeks to undermine the other, where there’s competition, where there’s disrespect and a lack of cohesiveness.”

Do you have any toxic relationships in your life? Who are they and how can you either address the issue, or limit exposure to the person? Brainstorm a list now.

[illegible]

# SELF

## ESTEEM

Building your self-esteem is another important aspect of self-love. After all, if you don't feel good about yourself, or doubt your abilities, you won't be able to truly embrace and love yourself.

### Seven Steps to Save Your Self Esteem

#### 1. Identify your negative beliefs about yourself?

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#### 2. Challenge these beliefs. Why aren't they true? How could you easily

address  
them?

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**3. Identify your strengths, abilities, and interests Strengths:**

**Personal abilities (i.e., good communication)**

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**Physical abilities (i.e., strong)**

**Your Interests**

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# SELF GROWTH

Self-growth is one of the best ways that you can exhibit self-love. Self-growth is a commitment to learning and growing as a person. You may have heard the terms *personal growth* or *personal development* used instead. For our purposes, you can use the terms interchangeably.

## **Some examples include:**

- Learning to control your emotions
- Learning a new skill
- Learning a new language
- Engaging in a new hobby
- Breaking bad habits
- Developing good habits
- Becoming more responsible
- Changing or adjusting your mindset
- Becoming more empathetic
- Perfecting an art or pursuit
- Becoming a (better) leader
- Building resilience
- Better stress management

## **Self-Growth Roadmap**

### **Step One: Recognize**

The first step towards committing to self-growth is to recognize its importance. You need to accept that change is inevitable, and if you don't continue to grow, you will be left behind.



## Step Two: Where Do You *Need* to Grow?

What skills or abilities do you need to move forward in your career, or life in general? **Brainstorm a list.**

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## Step Three: Where Do You *Desire* to Grow?

Not all your self-growth will be skills, attributes, or traits that you *need* per se. You might have a desire for growth just for the sake of your personal preferences. Learning a new instrument might not help you pay the bills, but it could help you feel happier and more fulfilled. **Brainstorm a list.**

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### Step Four: Focus

Self-growth is a process. It isn't something that happens overnight, so don't force it. Now that you have a couple of different lists of ways you'd like to grow, learn and evolve, it is time to pick one (or maybe two) thing(s) to focus on first.

**From the lists above, choose a goal (or two), to focus on first.**

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### Step Five: Plan

You already know what time it is! It is time for you to plan how you will learn whatever topic(s) you choose from above.

**How are you going to achieve this growth?**

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[illegible]

## What do you need to achieve this?

[illegible]

### How long will it take to achieve this?

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## Is there anyone that can help me achieve this?

All that is left to do is take action! Choose one simple action you can take right now to start your self-growth journey.

## Your First Action Step

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# CONCLUSION

Congratulations – you have just taken the first steps towards true self-love.

## **By addressing your:**

- Self-Worth
- Self-Awareness
- Self-Care
- Self-Respect
- Self-Esteem
- Self-Growth

You are naturally going to find self-love easier. Really, the **Self-Love Makeover** is a natural extension of the work you just did here.

Loving yourself is one of the most important things you can do in life, and will increase your happiness, fulfillment, and satisfaction.

## **Do you feel the love yet?**

If not, just keep working at it. Soon enough, you will realize that you are pretty special and worthy of love.

If you want to learn more about yourself book a free assessment call with us.

<https://TurnFIt.ca>