THE 90 DAY TRANSFORMATION PROJECT

WEEK THREE: HEALING WITH LOVE
“WE EITHER MAKE OURSELVES MISERABLE, OR WE MAKE OURSELVES STRONG. THE AMOUNT OF WORK IS THE SAME.”

CARLOS CASTANEDA

WEEK THREE: HEALING WITH LOVE

The work this week is about healing your relationship with yourself, and also healing your relationship with others. You do this with love.

We have already started working to transform your fears, let go of what is not serving you and create some beautiful space for a new loving way of living your life.

Now it is time to take an even deeper look inwards.

We all have a nasty inner critic who not only attacks us, but also attacks others. Through this week, I am going to be supporting you to change your relationship with your inner critic and begin to transform it into your inner cheerleader.

The inner critic judges, blames, compares and criticises. Whereas, the inner cheerleader just loves. It gives love unconditionally and freely and this type of love does not need to be ‘earned’.

Our inner critic is driven by fear, while our inner cheerleader is the voice of love. Fear cannot dim the light of love, yet the light of love will completely outshine the darkness of fear.

We heal all fears by loving them, embracing them and opening up to them. Every time we push against our fear-driven inner critic, we actually strengthen that voice within us.

This journey is about beginning to see your inner critic, not as your enemy, but rather as a part of you crying for love. The fear voice is simply a little signpost, showing you an area of your self that is not being loved.

The areas of your self and your life that the inner critic attacks the most, are the areas that require the most love from you.

This is not about eliminating your inner critic, but rather changing your relationship with it. You have the ability to change how you respond to it.
YOUR PRACTICES FOR THIS WEEK

1  Worksheets
   Complete the following 3 worksheets
   • Shine A Light On Your Inner Critic worksheet
   • The Mirror worksheet
   • Healing With Love worksheet

2  Practice
   Use the Inner Child Exercise at the end of the workbook once you have completed all of your worksheets

3  Meditate
   Take a minimum of 5 minutes each day to sit in stillness and breathe

4  Affirm
   “I choose to see myself and others with love”
It is time to shine a big fat spotlight on how your inner critic has been running the show. The main way it will play out is through self-attack, self-judgement, self-criticism, self-doubt and comparison.

List all the ways below that you attack, judge, criticise, doubt and compare yourself.

WORKSHEET 1: HEAL YOUR INNER CRITIC
The inner critic plays out in our self-talk. Write out the main things your inner critic often says to you. On the left side, write the inner critic’s words. On the right side write “I forgive myself. I am not this. I am love.”

Please fill the whole page

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<thead>
<tr>
<th>INNER CRITIC</th>
<th>LOVING PERSPECTIVE</th>
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<tr>
<td>Eg: I am a failure</td>
<td>I forgive myself. I am not this. I am love.</td>
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<td>Eg: I am ugly</td>
<td>I forgive myself. I am not this. I am love.</td>
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<td>Eg: I am not worthy of love</td>
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WORKSHEET 2: THE MIRROR

The way you treat others is a reflection of how you treat yourself. In fact, everyone is you. Every time you criticise someone else, you are actually criticising yourself. Ponder that.

Now journal on this topic. How have you been judging, criticising, attacking, making wrong or doubting others. How is this a reflection of how you treat yourself?

HEALING PRACTICE

Look through your list and think about each person you criticise or judge. Imagine yourself sending them love + light and affirm
“\textit{I love and accept you just as you are}”
WORKSHEET 3: PRACTICE UNCONDITIONAL LOVE

The areas where your inner critic plays out are showing you the areas of your self and your life that you are not loving.

Love heals all pain. Love heals all fear.

Look at your list from Worksheet 1 and notice all the ways your inner critic has been playing out.

Now, tune in to your heart and connect with the feeling of love. Write a love note to yourself, from the perspective your unconditionally loving and supportive inner cheerleader. What would she say to you? Fill the page.
Now, tune in to your heart even more and ask yourself:
What would it look like if I loved and accepted myself just as I am? What would be different? What actions would I be taking?
Describe it in detail below.
EXERCISE: INNER CHILD WORK

This is a really powerful practice to turn down the voice of your inner critic and help you start to redevelop a loving and beautiful relationship with yourself.

I want you to imagine what you looked like as a little 4 year old. If you cannot remember, find an old photograph.

1. Close your eyes. Create a clear picture on the screen of your mind of what you looked like. What was your hair like? Your skin? Your eyes? What are you wearing?

2. Imagine that you are the age you are now. You can see the little 4 year old you. What is she doing? Where is she? Is she at school or at home? How is she feeling?

3. Now you decide to approach her. As you move closer to her, notice her reaction. Does she want to come and talk to you or play with you? Or does she run away? Whatever she wants to do, just allow her to do it.

4. When she is ready, ask her to come and sit on your lap so that you can talk to her. Take some time to see how she is. Ask her questions to find out how she is feeling, or if there is anything she needs. If she is not happy, ask her what she needs from you in order to feel happy.

5. Now, give her love. Show her love in whatever way you want whether it is by cuddling her, kissing her, singing her or playing with her. Notice the feeling that comes up in you as you give her love.

6. Stay with this. Keep giving her love. Feel the feeling of love inside you.

7. Allow her to now guide you through the rest of the exercise. She may want you to stay with her and play. She may want to say goodbye so she can do her own thing. Or she may want to stay cuddling you. Allow her to show you what she wants and needs.

8. When you are finished stay sitting with your eyes closed and notice the feelings that are inside of you. Notice the feeling of love inside of you.

This is what it feels like you love yourself. You do not need to do anything or be anything. You are already deserving of love just as you are.

Anytime you want to reconnect with love for yourself, imagine you are with your 4 year old self. Send her love. Send yourself love.