Reflect & Connect Coaching Companion - Praise Yourself

A gentle self-love workbook inspired by Louise Hay's 12 Ways to Love Yourself - “Praise Yourself”.

Welcome

One of Louise Hay’s most transformative teachings is the invitation to Praise ourselves.

Many of us have learned to focus on what we have not yet achieved, where we have made mistakes, or how we could do better.

Yet true self-love grows when we begin to acknowledge our strengths, our efforts, our resilience and our progress.

Self-Praise is not arrogance. It is appreciation. It is recognising your courage, celebrating your growth and becoming your own loving supporter.

A Grounding Declaration

I turn within and connect with the loving presence that lives within me.

Today, I choose to see myself through eyes of compassion and appreciation.

I acknowledge all that I am and all that I have overcome.

I celebrate my strengths, my growth, my courage and my willingness to keep learning.

I release the habit of criticism and embrace the practice of self-encouragement.

I am worthy of love, respect, and recognition simply because I exist.

I praise myself for showing up, for growing, and for being uniquely me.

With each loving thought, I strengthen my relationship with myself.

And so it is.

Journal Reflection Prompts

1. What are three things I appreciate about myself today?

2. What challenges have I overcome that I rarely give myself credit for?

3. What personal qualities have helped me navigate difficult times?

4. If my best friend described my strengths, what would they say?

5. What accomplishments, big or small, am I ready to celebrate?

6. In what areas of my life do I tend to criticise myself most?

7. How would my life change if I spoke to myself with greater encouragement and appreciation?

8. What is one thing I can praise myself for every day this week?

9. What am I most proud of in this season of my life?

10. What would it feel like to fully acknowledge my worth?

Powerful Affirmations

Writing or saying Affirmations to ourselves is very powerful - say these to yourself and see which ones resonate with you the most.

- I lovingly praise and appreciate myself.
- I acknowledge my progress and celebrate my growth.
- I am proud of who I am and who I am becoming.
- I deserve my own love and encouragement.
- I choose supportive thoughts about myself.
- I honour my efforts and recognise my achievements.
- I am enough exactly as I am.
- I celebrate myself and my unique gifts.
- I approve of myself and trust the journey of my life.
- Every day I become more loving towards myself.

A Loving Conclusion

As you complete this workbook, take a moment to acknowledge yourself for showing up. The simple act of pausing to reflect, write, and offer yourself kindness is a powerful expression of self-love.

Remember that praising yourself is not something you earn once you have achieved enough. It is a daily practice of recognising your value, your humanity and your unique talents and gifts.

May you move forward with a gentler inner voice, a more compassionate heart and a deeper appreciation for the person you are today. You are growing, learning, healing and becoming and that is worth celebrating.

Take a deep breath, place a hand on your heart, and say:

> “**I am proud of myself**”.

Let those words sink in. You are worthy of your own love, praise and encouragement.

With love,

Alison x

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