Reflect & Connect Coaching Companion - Support Yourself

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

Welcome

One of Louise Hay's most transformative teachings is the invitation to Support ourselves.

Many of us have learned to put others first, to ignore our own needs, or to wait until everything is perfect before we give ourselves what we truly need.

Yet true self-love grows when we begin to honour our needs, set healthy boundaries, ask for help when we need it, and create the conditions that allow us to thrive.

Self-Support is not selfish. It is essential. It is recognising that you cannot pour from an empty cup, and that caring for yourself enables you to show up more fully for life and for others.

A Grounding Declaration

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

Today, I choose to honour my needs and support my wellbeing.

I acknowledge that I am worthy of care, rest, and nourishment.

I give myself permission to ask for help & to receive support from others.

I release the belief that I must do everything alone.

I am worthy of kindness, compassion and the resources I need to flourish.

I support myself by listening to my body, honouring my feelings, and making choices that serve my highest good.

With each act of self-support, I strengthen my foundation and my capacity to thrive. And so it is.

Journal Reflection Prompts

1. What does supporting myself look like in my daily life?

2. In what areas of my life do I tend to neglect my own needs?

3. What support do I need right now that I have been hesitant to ask for?

4. What boundaries would help me feel more supported and respected?

5. How do I feel when I prioritise my own wellbeing?

6. What beliefs or patterns stop me from fully supporting myself?

7. If I treated myself with the same care I give to others, what would change?

8. What resources, people, or practices help me feel most supported?

9. What is one way I can support myself better this week?

10. What would it feel like to know I am always there for myself?

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 support and care for myself.
- I honour my needs and give myself what I require to thrive.
- I am worthy of rest, nourishment and support.
- I give myself permission to ask for help when I need it.
- I set healthy boundaries that protect my energy and wellbeing.
- I listen to my body and respond with compassion.
- I am my own best advocate and loving supporter.
- I create the conditions that allow me to flourish.
- I trust myself to make choices that serve my highest good.
- Every day I become more skilled at supporting 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 supporting yourself is not something you do only when you have time or when everything else is taken care of. It is a daily practice of recognising your needs, your limits and your right to care and compassion.

May you move forward with greater self-awareness, stronger boundaries, and a deeper commitment to your own wellbeing. You are learning, growing, and becoming more attuned to what you need, and that is worth celebrating.

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

> "**I am here for myself**".

Let those words sink in. You are worthy of your own support, care and unwavering presence.

With love, Alison x

Heal Your Life Coach, Alison Bell Wellness