

Section 1 Self Does Matter
Exercise 2 Morning Journal
Highlights from Why I Matter

- Knowing that you do matter is the most single important tool that you can have that is going to help you find success in every area of your life.
- Trauma has occurred for a lot of you and when this has happened you have disconnected from yourself. You've walked out on yourself, very unconsciously there is a loss of connection with yourself, a loss of self. So why would you think that "self does matter". You've adapted and a false sense of self is born, looking outside of yourself for validation and approval out there.
- You need to be re-filled. You cannot keep taking from yourself. You must take regular actions to refill your reserves up.
- The self does matter, which is very essential for emotional intelligence. If you're having problems with depression, stress, anxiety, anger, fear, having the self-awareness that the self does matter is crucial.
- You will become more self-aware of what you're going through. Eg Stress and anxiety. You will acknowledge it, process it and release it and you can rid yourself of many elements.
- We tend to look to our parents for our self-worth during childhood. If you didn't get the love you needed you may have concluded that it was your fault and there must be something wrong with you. The wounded self takes over and you lose touch with your core, your authentic self, believing the self doesn't matter.
- *As long as you look for someone else to validate who you are by seeking their approval, you are sitting yourself up for disaster. You have to be whole and complete in yourself. No one can give you that. You have to know who you are, what others say is irrelevant.*
-Nick Schiff,

Section 1 Self Does Matter

Exercise 2: Morning Journal

This simple effective exercise will set you up to begin your day in a positive focused way. Doing small things frequently in a consistent way is a very effective way to create change. Consistency is the key.

Instructions:

1. Choose a dedicated notebook that is used exclusively as your morning journal.
2. Every morning take 5 minutes to pick 1 question from Section A & 1 doing exercise from Section B.

Section A: Answer as fully and honestly as you can.

- I am optimistic because _____
- I deserve the best that life has to offer because _____
- I do matter because _____
- It's okay to make mistakes because _____
- My world is a beautiful place because _____
- I can say 'no' when I want to because _____
- I am good at making decisions because _____

Section B

One thing I will do today to connect with myself to fill my cup up, to fill my well up. Think outside of the box, think broadly and use your imagination. Some examples can include:

- Go to a yoga class
- Sit in nature and be present
- Dance in the kitchen to your favourite song
- When you're having a shower get out of your head and feel the water on your body.