

The background of the image features a light beige surface. In the top left corner, there are several dried, light brown leaves. In the bottom right corner, a portion of a grey, textured notebook and a gold-colored pen are visible. A large, semi-transparent, light beige rectangular box is centered on the page, containing the text.

DAY 6

Self Love Challenge

There's nobody more important in this world than you!

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Heal Your Life Workshops

This is your unique opportunity to become an **Internationally Licensed Heal Your Life Trainer** and learn from the experts!

This 7 day residential certification will give you the full manual, tools and the practice to lead intensely powerful transformation workshops, which have impacted millions of lives across the world. Based on the powerful philosophy of Louise Hay, these workshops are currently conducted in 72 countries!

Residential Course (20-27 July 2025)

Know More: <https://www.isra.co.in/heal-your-life-workshop-leader/>

INTERNATIONAL CERTIFICATION





06 *Stop all self-criticism*

An important part of loving ourselves is to stop criticising ourselves, no matter what. Unfortunately we constantly beat ourselves down by our own thoughts. Self-criticism locks us into the very pattern we are trying to change. **These toxic thoughts can literally kill our sense of worth.** They can damage our sense of well-being. Most of us are conditioned to be self-critical, but it is time to change these thoughts, isn't it?

Loving ourselves unconditionally creates miracles in our life. Things simply start to flow.

So here is your self-love challenge for today.

- a) Set aside at least 10 minutes where you can write without being interrupted.
- b) Close your eyes and take a deep breath.
- c) Turn to the next page, when you are ready!

What do you criticize yourself for?

Write down minimum 10 things that you criticize yourself for.

For example:

I am over-sensitive.

I am too disorganised.

I am not strong enough.

I can never stick to an exercise routine. etc

1

2

3

4

5

What do you criticize yourself for?

Write down minimum 10 things that you criticize yourself for.

6

7

8

9

10

How do you feel when you criticize yourself?

Write down how often you criticise/berate yourself and how do you feel as a result of it.

Does it help you become a better person?

Example of feelings:

Angry, helpless, disappointed, disgusted, sad, anxious, tired, exasperated etc

Write a message to yourself

Once you have finished writing the emotions, write a message to yourself.

Instructions

Write this message, from the perspective of an unconditionally loving imaginary friend. Imagine this friend to be loving, kind, compassionate, and accepting. Not only is this friend completely understanding and sensitive, but he/she knows ALL about your life.

He/she knows how you got to where you are, knows about all the millions of difficult choices you made along the way, and he/she understands the several factors that have contributed to the person you are today.

Think about what this all-compassionate loving friend would say to you, especially about how you judge yourself so harshly. Write it all down. Don't hold back, allow it to flow.

Write a message to yourself

Imagine if this imaginary friend were you? Allow all the compassion to sink into you and become your own compassion for yourself. You have criticised yourself for so many years, try loving yourself instead. And watch the miracle happen.

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ISRA as a company, owes its inception to two young entrepreneurs who share a passion for creating mentally and emotionally healthy communities globally, and a burning desire to facilitate positive transformations.

At ISRA, our purpose is to offer highly relevant and great quality content, based on principles of behavioural science, in a format that is richly experiential.

All our programs, digital and in-person, are designed to initiate a powerful shift in the way we think and behave. It is essentially about encouraging people to operate from a deep sense of purpose, relatedness, meaning & fulfilment.

SNEHA & SHASHANK

