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The Self-Contract is a tool that can help you move towards your goals. The idea is to make a commitment to yourself to make positive, effective change in your life.

Self-Contract

Today's date: _____

I, (your name): _____ will complete my goal of self-improvement by completing the Sarah Godfrey Workshops for Self-Acceptance and participating in all three workshop activities by (enter date here): _____ because doing so will help me move towards being the person I want to be which is someone who:

(my personal reasons for making this change)

Upon completion, I will celebrate or reward myself

by: _____

In signing this contract/and or participating in this workshop/course, you agree to be honest and open, to believe in yourself and to adopt a more enthusiastic and positive outlook on life from this moment onwards. You are truly committed to change and agree to take responsibility for your life, choices and actions. You enter into this workshop with the full understanding that you are solely responsible for creating your own results. You understand that achieving your goals (in whole or part) cannot be guaranteed and no warranties are given. You are aware that coaching is not counselling, psychotherapy, psychoanalysis or any other form of mental health care treatment or therapy, nor is it to be used as a substitute for professional advice by legal, medical, financial, business or other qualified professionals. If appropriate, you will seek independent professional guidance and understand that all decisions and actions in these areas are your sole responsibility.

Signed by _____



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WORKSHOP TWO

SELF-COMPASSION

Be your own best friend or how to build a positive relationship with yourself.

This is an easy, yet under-used method to build self-compassion. It is time for you to treat yourself with the nurture, self-care, kindness, forgiveness and the wonderful ‘snap out of it’ push only our closest friends can give us when we get stuck, wallow to much in negativity or need to be reminded of all the great things we have going for us.

Much as we know offering others compassion for their mistakes and failures is healthy, all too often we forget to give ourselves the same goodwill. Be kind and supportive to your esteem when you make a mess of things. Offer consolation and understanding just as you would to another, whose life wasn’t panning out how they wanted, or whose ego had taken a few harsh knocks. Cuddle your inner critic and soothe the negativity.

This exercise could even help you re-evaluate your friendships in general and help you focus on how worthy those around you truly are and you are to them.



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TIME FOR ACTION



For the next week, your task is to act or think in a way that supports building self-compassion. You need to do this action or have the thought at least once a day. No giving up, excuses or reasons. Remember if you put in 20% effort that is all you will get back. Go for at least 80% effort in order to make a change.

1. In this exercise spend at least 5 minutes a day filling out the form below exploring the advice and compassion you give yourself.
2. Begin with defining how you treat your friends and how you treat yourself.
3. For the challenge itself, you will need to think about each time you put yourself down (unworthy friend) and each time you nurture, praise or support your efforts (worthy friend). This will be a mental exercise to catch yourself and block the internal critical voice that runs your esteem.
4. Mark your actions and thoughts as WF (worthy friend) and UWF (unworthy friend).
5. At the end of everyday write a short comment on what you discovered about your internal voice. Is it more positive or negative? Were you honest with yourself or did you edit your voice? Who or in what situation does your negative friendship or positive compassion with yourself seem to be louder?



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6. Use the tables below to track your progress. At the end of the week review your self-compassion by re-reading your notes. Any shift? If not keep this exercise up for a full month.
7. Reflect on the questions below.
8. Give yourself the reward you offered in the self-contract.
9. Complete the self-review (email me a copy to if you like).

Defining what you believe is a worthy friend and an unworthy friend.

Some examples are:

Worthy friend comments to yourself are like; well done, never mind, I've got this, I can manage, give myself a break, I'm not stupid, I look okay, I like my X, that was a great day, I did a good job, you're wonderful, you're doing your best etc.

Unworthy friend comments are like; I'm stupid, what an idiot, I look fat, ugly, skinny etc, I can't do that, I have nothing to offer, I'll never find love, I'll fail.

List 5 characteristics of a worthy friend.

- 1.
- 2.
- 3.
- 4.
- 5.

List 5 characteristics of a unworthy friend.

- 1.
- 2.
- 3.
- 4.
- 5.



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Tuesday	WF or UWF

Thoughts?



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Wednesday	WF or UWF

Thoughts?

Thursday	WF or UWF

Thoughts?

Friday	WF or UWF

Thoughts?

Saturday	WF or UWF

Thoughts?

Sunday	WF or UWF

Thoughts?



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YOUR 10 GROWTH QUESTIONS



1. How difficult was it to act in ways that indicated you had self-compassion?
2. What were your hurdles to overcome to do this?
3. What mental blocks did you notice encouraging you to give up, forget or dismiss this challenge?
4. Did you notice a slight change in your mood state or your inner critic?
5. How hard was this for you to achieve?
6. Are you a self-bully?
7. Do you put yourself down before anyone else has a chance?
8. Would you like you as a friend, knowing how you talk to yourself? Do you show these qualities to yourself? Why? Why not?
9. What have you learnt that you can take with you from here on? What have you learnt?
10. What can you take with you from this exercise?



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YOU DID IT!



Well look at you. How fantastic are you to push through and give change a chance! Your first step to building self-compassion is done. That doesn't mean you stop now, to make it real you need to continue promoting your higher self in every day and in every way.

Thank you for taking my workshop. Life is about learning, and this will help you begin your own personal journey to a confident and authentic self. Success and happiness thrive in people such as yourself, that take initiative and are willing to do the hard work to be a healthier self and have a better life.

After you stop celebrating and have given yourself the reward you promised yourself at the beginning of this workshop, take some time to reflect on what you have achieved. Don't forget to change the brain you need to practice these skills for at least three months every day and then regularly for the next few months. In this way you can re-shape the way you think and create sustainable and authentic change.



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OKAY, TIME FOR YOUR SELF-REVIEW

1) What is your honest assessment of the effort you put in?

(1 = hardly tried - 5 = gave it 100%)

1

2

3

4

5

2) What skills or aspects of the workshop did you find most interesting or useful?

3) What changes in the way you think, and feel can you recognise?

4) How will you continue to use the knowledge gained from the workshops in your everyday life?

5) What was the most important thing you discovered about yourself?



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6) Things you need to remember about what you learnt.

Congratulations!



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