

*Learn to Love Yourself
Again eCourse:*

*Transform Your
Relationship
with Yourself*



DR. MARY PRITCHARD

Learn to Love Yourself Again eCourse: Transform Your Relationship with Yourself

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Learn to Love Yourself Again

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INTRODUCTION

If you had asked me if I loved myself back in 2012, I would have said, "Yes, of course!"

But I was wrong. You see, I thought that if I had high self-esteem, that meant that I loved myself.

Then in April 2013, something happened that changed my life. During a guided meditation, I received a message that I was living the wrong life. The life I had created for myself as wife, professor, author, and integrative nutrition coach wasn't the life I was meant to be living. Because somewhere deep in my soul I knew this person – my stage name, so to speak – professor, researcher, coach, etc. – wasn't who I really was. It was merely a persona I had created based on who everyone else thought I should be. It was a safety net, a persona I wore to hide myself from the woman in the mirror.

What I came to realize when everything fell apart for me in 2013 is that my "high self-esteem" was a façade, a mask covering my deep self-loathing and resentment. You see, I was afraid to get to know that woman in the mirror. Afraid I wouldn't like who she was. That she wouldn't measure up. That I would fail if I let her shine.

But that day in April 2013, I knew I had no choice. I had to get to know that woman in the mirror. I had to let her be who she wanted to be. And, most importantly, I had to love her no matter what.

I know I am not alone in this struggle. My friend and mentor, Linda Joy, author and publisher of *Aspire* magazine, once said:

"[Women] have been programmed by the media and society to DO, strive and out-perform in order to meet a standard that in reality just can't be met. For many, the Superwoman cape has become a second skin. It becomes a part of the illusion of who we believe we must be in order to be loved, appreciated and valued."



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We've been so pressured to be all and do all that deep down we think we're somehow flawed if we can't meet these unrealistic expectations we put on ourselves. So we do things for others rather than for ourselves because we want their love and approval.

But here's the thing: if we can't give those things to ourselves, how can we expect or accept them from others?

We can't. Not truly. Because somewhere inside of us is a little girl that thinks she's not worth it in and of herself. That she has to do more, give more, be more, to get the love and appreciation she so desires.

And so we keep on....

Until the dam breaks. And believe me; my dam broke in April 2013. In the 6 months that followed, I got a divorce, moved, broke my heel for the second time in a year, went on sabbatical, and turned 40. And somewhere in the midst of all that, I fell apart.

I have never been more grateful. Because 2013 made me realize that I didn't love myself – not really. In fact, I had ignored my needs for so long that I had virtually withered away. So I had to start over. I had to find me again because somewhere along the way I had lost myself. I had to pick up the pieces of me and examine each and every one to see if it still fit. If it was still necessary. If I still wanted it as part of my life.

So how do you start? How do you pick up the pieces of you and reassemble them?

First, you have to figure out whether or not you love yourself. Hint: It's not what you look like. It's not what you say on the outside. It's what you say on the inside. It's how you act toward yourself.



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You see, what we choose to show to the outside world is often a mask, a façade – not the real us. What we need to realize is that it's okay to be real, to be vulnerable. It's okay to not be perfect. It's okay to just be you. And it's perfectly okay – even necessary – to give yourself love and affection.

This is why I created my tribe, my community as a way to share this message, to give back - because other women have come to realize that to truly love someone else, they need to love themselves first.

And why I created this ecourse.

You see, YOU, above everyone else, deserve your love. It is the most precious gift you can give yourself.

All you have to do is say YES to Love!

Your Inner Goddess is waiting to teach you how to love yourself again with an outstretched hand.

Are you ready to take her hand and finally heal your relationship with yourself?

Dr. Mary



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OVERVIEW:

As I went through my own healing journey, I realized I couldn't just re-learn to love myself overnight. It was a process, an unfolding. And I went through several trials along the way. What emerged for me were 7 keys essential ingredients – 7 things I absolutely had to master to really and truly love and accept the woman in the mirror. They may not all resonate with you, and that's okay. They may not make sense for you to do them in the order that they occurred for me; that's okay too. Just play with them and see what feels right for you.

The 7 Steps to Learning to Love Yourself Again

Step 1: Stop Comparing Your Body/ Intelligence/ Success/etc. to everyone else – You are not them, you are you. So if you think that, “If I just [lose 10 lbs, get a promotion, act like my friend Sally], I'll love myself and be happy, think again. Only YOU know what you need and what it will take to get you there. Don't measure yourself against someone else's standards.

Step 2: Figure Out Who You Are (and Who You Are Not) – and no, don't ask someone else the answer to this question. This is all about who YOU want to be and who you DON'T want to be.

Step 3: Get Comfortable in Your Own Skin Again – Want to love yourself and live your dream life? Start by loving the YOU that you are now as well as the life you have now. You can't create your dream until you fully appreciate what you have. For out of our present, comes our future. Be grateful for today because today is tomorrow's yesterday and your stepping off point to Love.

Step 4: Figure Out What You Need and What You Want – In order to LOVE you and take care of you, you have to be you. That means not only figuring out who you are, but what you NEED and what you WANT out of life, as well as out of each day. You get to create your own life, so you might as well create the life of your dreams.



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Step 5: EnVision What You Want – Once you've figured out who you are and what you want, and have stopped trying to live someone else's life, you're ready to tackle the next step: creating your dream life. I want you to be able to wake up and look in the mirror each morning loving yourself fully and living in gratitude for the wonderful life that you have. To do that, you have to EnVision it.

Step 6: Heal Your Own Self-love/Self-worth Issues – This isn't easy; I know. I've been there (and still find myself there on occasion). But to love you, you've got to take care of you. To truly move on to a place of self-love, you have to heal the things that have kept you from moving forward. That means letting go of your baggage, your issues, so the real loveable, perfect-just-as-you-are YOU can shine through.

Step 7: Integrating Self-Love into Your Daily Life – Once you've healed, it's time to come up with a plan. So in this step, I give you my tips for loving yourself every day and making sure you get your needs met on a daily basis.

Your Journey through the Program

Each week for the next eight weeks, we'll dive into one of the 7 steps. You'll receive an eWorkbook containing that week's lessons and exercises as well as a corresponding audio file which contains the lessons. I highly recommend that you listen to the audio class of each lesson first and then dive deeper with the exercises in the eWorkbooks.

The 7 Steps have been placed in the order in which they made sense for me to progress in my own journey to self-love. But you may find as you progress that some steps are easier for you to accomplish than others. You may even need to revisit earlier steps. That's okay. We all progress at our own pace. What you can handle is all you can handle right now. If you're not ready to move on, then take some time off and come back to it.

The point is to be gentle with yourself. Remember – we're here to practice self-LOVE not more self-criticism for 'doing it wrong.'



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This workbook, your first, contains the **overview** and then moves into **Stop Comparing Your Body/ Intelligence/ Success/etc. to everyone else** and will serve as our time to ease into learning to love ourselves again. There is 'soulwork' to do before your next lesson comes - much more fulfilling than homework, don't you think?

Are You Ready to Get Started?

Let's Dive In!



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*"Goddess grant me the strength I need to honor myself and my true purpose;
The courage to stand on my own; And the wisdom to know when to let go."*

JOURNAL PROMPTS for INNER REFLECTION

Set the space. Shut off distractions. Light a candle. Ground yourself in the present.
Call in your sacred support team.

Before we get into the first step, I'd like you to start thinking about your relationship with yourself by reflecting on a few questions.

Do you love yourself? What does loving yourself mean to you?



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Think about the following statement:

“I respect myself so much that each of my relationships reflect that same unwavering unconditional love and respect – OR I DON'T REMAIN IN THAT RELATIONSHIP.” ~ Christine Arylo

Is this true in your life? Are you involved in any relationships with individuals you believe do not fully love and respect you? If so, why do you stay?



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Think about the following statement:

**“By picking ourselves apart, we are not showing our bodies, minds,
or spirits the love and respect they deserve. “**

Now let's turn that relationship lens back onto your relationship with YOU. Do you show yourself unconditional love and respect?

How often do you put yourself first and make sure your needs are being taken care of?

What's one thing you can do today to show yourself love?



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STEP 1: Stop Comparing Yourself to Everyone Else

[LISTEN TO CLASS #1:](#) Stop Comparing Yourself to Everyone Else

Most women I know (including myself) have an inner critic. But have you ever stopped to introduce yourself to her? Much like a relative you dread seeing on the holidays, your inner critic is not going anywhere and ignoring her isn't helping the problem.

I should know. I am, perhaps, one of the worst offenders. Not necessarily in what I say to myself but with my incessant picking.

I look in the mirror and see imperfection. I pick, poke, pluck, and prod, ineffectively trying to remove any blockage, blackhead, whitehead, stray hair. I succeed in making things worse. I know I'm not alone in this. As women, we are our own worst critics, our own worst enemies.

I don't care whether it's fat talk, dieting, or popping zits. It's all manifestations of the same thing – we pick apart at ourselves because we can't stand to be less than. And for whatever reason, we've fixated on a certain aspect of ourselves that we tend to pick on more. But therein lays the problem. By picking apart at ourselves, we are sending ourselves the message that we're never going to be good enough, worthy, perfect.

So let's meet your inner critic...

Have a seat, close your eyes, and call to her. You may call her Inner Critic. Maybe she has a name (for many women, their inner critic's voice is their mother's voice). What does she look like? Who does she remind you of? What is she saying to you?

Now it's time to have a little heart to heart with your inner critic. It's time to tell her, "Thank you for being here for me, but I do not feel your presence in my life is supporting me. I am making the choice to only attract positive energy in my life. You are not a force of good in my life right now, so I am saying goodbye to you."



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Now picture someone in your life who is positive or that would say positive things to and about you. Invite that person in. We're going to call her your Inner Best Friend – or whatever name works for you! You might say something like, "Hello friend, I am so grateful that you are here. I love your positive energy. I appreciate how you make me feel good about myself. I am looking forward to all the wonderful times we are going to share."



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*"Goddess grant me the strength I need to honor myself and my true purpose;
The courage to stand on my own; And the wisdom to know when to let go."*

JOURNAL PROMPTS for INNER REFLECTION

Set the space. Shut off distractions. Light a candle. Ground yourself in the present.
Call in your sacred support team.

What does your inner critic look like?

How does your inner critic show up in your life? (e.g., does she compare you to others, talk bad about you, pick at you, bad mouth others to make you 'feel better'?)



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What does your inner best friend look like?

How would you like your inner best friend show up in your life? (e.g., be your cheerleader, give you empowering advice)

What's one thing you want to ask your inner best friend right now? Record your question and her answer below.



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What would your inner best friend like you to do for you today? Go ahead and put that on your calendar and make sure you do it! Remember: YOU are your number one priority right now.



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Take the Sticky Note Challenge

Your challenge: Spend an entire month empowering YOU instead of criticizing yourself or comparing yourself to someone else

How do you do this? Have you ever heard of Operation Beautiful? The mission of Operation Beautiful is to post anonymous notes in public places for other people to find – notes that would brighten their day. Something like “You are Beautiful.”

I want to use this idea for us to create sticky note for ourselves. For the next month, I challenge you to make a different sticky note each day. Ideally you would make several sticky notes that contain that phrase each day and put them places where you (and others) will see them. Places like your wallet, purse, office cubicle, stairwell, bathroom, a random aisle at Walmart, etc. As a psychologist, I know that the more we see certain messages, the more we start to believe them. So these notes will have a dual purpose: they'll help you feel better about yourself and they will help others feel better about themselves as well.

Here are a few examples:



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Enact a Ban

Your challenge: Get away from as many negative influences in your life as you can for one week. Compare yourself to someone on TV? Turn the TV off. Look wistfully at the models on magazine covers? Toss your mags and don't buy or look at anymore for the next week. Jealous of a coworker? See how you can learn from her rather than compare yourself to her.

Here's the deal:

Research suggests that men and women are negatively affected by viewing idealized images of same sex individuals on TV, in magazines, video games, and on-line. One easy way to stop comparing yourself to these images is to stop viewing them. Try instituting a media ban for the rest of this week (bonus points for doing it for a whole month!).

No, you cannot control everything, but by making a choice to minimize your exposure to idealized images you see in the media (or people you tend to negatively compare yourself to) can go a long way to helping you fight your inner critic.



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Notes Page 😊

