

PROJECT SELF

Journal Prompt: How to Forgive Yourself and Let Go of Self Criticism

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It's time for some deep reflection and self observation! Get out your journal or a piece of paper, and take 10 deep breaths. I'll wait.

Ok, now that you've cleared your mind a bit let's dig in. Take time and breathe with these questions, don't rush yourself. Allow your mind to quiet shift your focus from the external to the internal.

1. What grudges have you been holding against yourself?

Take an inventory and observe your mind, search for any points of tension or conflict with yourself. Write them down without judgment.

Breathe acceptance into each of these grudges or internal conflicts. Recognize that they are there without any intent to push them away or hide from them.

How can you be grateful for the existence of these grudges? What do they teach about yourself?

Take in all the knowledge that they provide, find gratitude and love for the opportunities they provide. The final opportunity they give you is the opportunity to let them go.

Breathe in deeply, allow your diaphragm to expand before your chest. As you breathe out, let go of your attachment to them. Visualize yourself prying your fingers off of each grudge or self conflict. Do this for each one individually, and repeat for as many breaths as you need.

2. What parts of yourself have you forsaken?

Search deep for buried aspects of yourself that you've been neglecting. Find the parts that you've given up as a child because adults wouldn't accept them. It may help to imagine your inner child and what traits they embody, what is your core essence?

Take time and breathe with this question. Imagine yourself visiting the forgotten attic of your mind - what would you find in those dusty chests and boxes? Clear off the cobwebs and dust, it's time to reintegrate those parts of yourself into the fullness that is you.

Write down each aspect that you come across, it may help to do this as a stream of consciousness - free writing whatever comes to mind.

Once you've taken the time to dig out all of those forgotten aspects of self, give love to each one and welcome them back in your life.

How good does it feel to be fully integrated with yourself? Can you feel that baseline shift to love, to acceptance of who you are?

Breathe deeply with elongated exhales. On each exhale, visualize your love as an energy that envelopes the entirety of yourself. Visualize it coursing through every cell of your body. This love has no opposite, any perception of one is an illusion.

Give yourself permission to be who you are fully. Love yourself fully.

Breathe and say to yourself:

"I forgive myself for everything that I've done, and everything that I am."

"I love myself for everything that I've done, and everything that I am."

I am grateful for you. For your courage to do this challenging work. I'm doing this out of love for you, because I know you are worth it. I'll leave you with my favorite quote, from Stephen Mitchell's translation of Tao Te Ching.

"See the world as yourself.
Have faith in the way things are.
Love the world as yourself;
then you can care for all things."

With love and gratitude,

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