

Mindset Email - Relationship Building

Hi [subscriber name],

How we speak to ourselves can have so much impact.

It can leave you scared to try something new.

Ready to give up if you hit some hurdles.

Not feeling confident or worthy enough to show up.

Staying small in your comfort zone.

Or it can make you want to jump in. Try something new. Get out of your comfort zone. And show the world *exactly* what you have to offer.

When you can demonstrate self-compassion, it gives you that push to make things happen. You bounce back easier too if it doesn't go to plan.

You feel comfortable with who you are and able to truly be yourself.

See how much happier and relaxed you can be when you speak to yourself in a kind and loving way?

Most of our self-talk happens automatically so you may not even be aware of how horrific yours is - until you write down some of the thoughts that pop into your head. Seeing it on paper can be incredibly distressing.

But becoming aware of it is the first step to change.

And that's my challenge for you today. Write down *everything* your inner critic tells you and then challenge it. Imagine you're a good friend who has overheard this conversation. What would they say to support you? How would they challenge what they'd heard?

Talk soon!

Love,

Sophie

Tomorrow is the last day - chat soon!

Love,

Chloé x