



What does "self-confidence" or "self-love" mean to you?

What would be different in your life if you truly loved yourself and had full self-confidence?

## Pillar 1: Self-Awareness

Journal exercise: **Activity Journaling**

Write down all activities and encounters from the past 7 days and rate each one on a scale of -5 to +5 (energy-draining to energy-giving).

Then create two lists and feel free to add more ideas:

| What gives me energy? What lights me up? | What (currently) drains my energy? |
|------------------------------------------|------------------------------------|
|                                          |                                    |

### Reflection questions:

- How can you bring more of the things that give you energy into your everyday life?
- What can you do to lose less energy on draining things or approach them differently? (*Love it, change it, leave it*)

## Pillar 2: Self-Acceptance

What do you like about yourself? (traits, talents, abilities, appearance, etc.)

In which areas are you still often hard on yourself? What is still difficult for you to accept?

Now divide your second list into two categories:

**Things I can change:**

**Things I cannot change:**

What small steps can you take in the next 14 days to change these things?

What does it cost you to continue fighting against these things? Who/how are you when you don't accept these things?

How would your life change if you accepted these things?

Choose one thing that's hard for you to accept about yourself. Now, imagine that a loved one has the same issue. What would you say to support them? Share it in a loving and compassionate message:

*Dear ...*

*This message is actually for you. Because that's what you deserve to hear as well! (3R Method)*

### Pillar 3: Self-Allyship

What does it mean for you to be your own ally?

**5 types of self-care:**

- **Physical Self-Care** (movement, nutritious diet, adequate sleep, etc.)
- **Emotional Self-Care** (allowing feelings, self-compassion, journaling, therapy/coaching, etc.)
- **Mental Self-Care** (lifelong learning, mindful media/thought consumption, etc.)
- **Social Self-Care** (friends/family, positive relationships/community, setting boundaries, etc.)
- **Spiritual Self-Care** (personal growth, values, goals, vision, meaning, meditation, nature, etc.)

How much do you already practice these types of self-care? (0-10)

Mark at least one type of self-care that you want to focus on more and make a *promise* to yourself:

***My promise to myself***

Place, date:

Signature: \_\_\_\_\_

### Pillar 4: Self-Actualization

What is one thing you've wanted to do for a long time but haven't had the courage to do yet?

What traits or abilities do you often admire/envy in others?

If you could wake up tomorrow with three new abilities, what would they be?

## 28-Day Self-Love Challenge

Finally, I invite you to create your own 28-day challenge focusing on the 4 pillars of self-love. Here's a suggestion on how you could approach it:

**Days 1-7: Self-Awareness** e.g., activity Journaling – what gives/takes energy?, boundaries, etc.

**Days 8-14: Self-Acceptance** e.g., daily compliment to yourself, 3R method, etc.

**Days 15-21: Self-Allyship** e.g., practice a different type of self-care each day

**Days 22-28: Self-Actualization** e.g., choose a new skill and work on it every day

[illegible]

Much success for your 28-day challenge! ♥

## Ready to take this work even deeper?

If this workshop resonated with you, imagine what could change if you dedicated the next 12 weeks to truly strengthening your self-love and confidence.

My **Authentic Confidence** online course is designed to guide you step by step in healing your relationship with yourself, building deep, lasting confidence from within, and showing up as your authentic self in all areas of life.

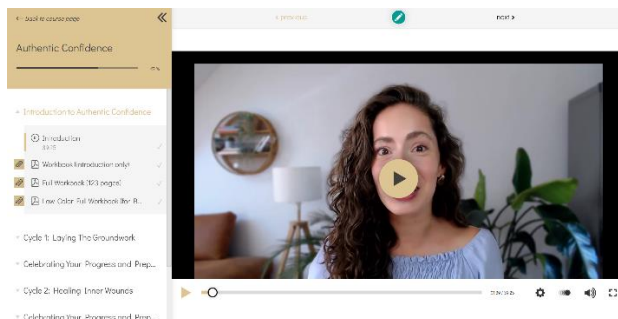
### Here's what's included:

- 15 video lessons (7+ hours of content)
- A 123-page workbook with practical exercises & journal prompts
- 4 guided meditations to support your journey
- Science-backed strategies to create real, lasting change



To make it easier for you to get started, you can use the code **SELFLOVE25** at checkout for **50% off**.

You can find all the details at [www.ppination.com/online-courses](http://www.ppination.com/online-courses) - I'd love to support you on this journey! ♥



about procrastination anyway, so I FINALLY started watching the first video 3 weeks ago and OMG I can't believe how awesome this course is! I know that this is supposed to be for 12 weeks but I've been binge-watching it and am now in week 8 already 🥰 trying to slow down a bit now but I just wanted to say THANK YOU THANK YOU THANK YOU! what a gift 💕💕

now good leadership needs good self-leadership. This course enabled me to be more aware of myself, how to cope with my imperfections, and ultimately to be a more happy, energized, and social person. Thanks for that, Sonja!

**Impact on you:**  
The storytelling in the videos, the exercises, the feeling that what you make here is not just another guide but actually scientifically accurate. Also one can really see that you are very knowledgeable and passionate about the topic!

|                                 | SELF-AWARENESS                                                     | SELF-ACCEPTANCE                                                          | SELF-ALLYSHIP                                         | SELF-ACTUALIZATION                                               |
|---------------------------------|--------------------------------------------------------------------|--------------------------------------------------------------------------|-------------------------------------------------------|------------------------------------------------------------------|
| <b>Cycle 1</b>                  | Week 1                                                             | Week 2                                                                   | Week 3                                                | Week 4                                                           |
| <b>Laying the ground-work</b>   | Developing body- and mind-consciousness                            | Practicing self-compassion and taming your inner critic                  | Activating the self-love loop by practicing self-care | Activating the confidence-competence loop by building self-trust |
| <b>Cycle 2</b>                  | Week 5                                                             | Week 6                                                                   | Week 7                                                |                                                                  |
| <b>Healing inner wounds</b>     | Becoming aware of your inner child, core beliefs, and shadow parts | Healing and integrating your inner child, core beliefs, and shadow parts | Reparenting and nurturing your inner child            |                                                                  |
| <b>Cycle 3</b>                  | Week 9                                                             | Week 10                                                                  | Week 11                                               |                                                                  |
| <b>Igniting the fire within</b> | Becoming aware of your values, passions, and dreams                | Tapping into your authentic self through creative self-expression        | Honoring values, passions, and dreams                 |                                                                  |



Learn more and sign up at [www.ppination.com/online-courses](http://www.ppination.com/online-courses) ♥