

How to be Your Own Bestie!

Internal Haven. Created by Alyssa Rey



IT'S TIME TO START HYPING YOURSELF UP LIKE YOUR BESTIE WOULD!

Here are 3 Simple Shifts to Unlock Your Inner Self-Love

Easy as

1...

Inner Critic → Inner Bestie

2...

YOU are your most
important PRIORITY.

3...

Always Remember to
Celebrate Yourself!!!

What if you spoke to yourself with the same love and encouragement you give your best friend? This tool is a simple yet powerful guide to transforming your inner critic, prioritizing your needs without guilt, and celebrating yourself every step of the way. These three mindset shifts will help you unlock deeper self-love and build a relationship with yourself that feels supportive, kind, and empowering.

Ready to make the shift? Let's dive in!

Shift 1) Inner Critic → Inner Bestie

Think about how you speak to your best friend when they make a mistake. You likely offer kindness, support, and remind them it's okay to mess up. Now, think about how you speak to yourself when you make a mistake. Is it the same, or are you more harsh and critical?

We often become our own worst critic. A small mistake can spiral into thoughts of failure and self-doubt. The way we talk to ourselves matters more than we realize.

Next time you face a challenge or feel self-critical, pause. Notice & observe your thoughts. Note: What are you telling yourself? And would you say the same to your bestie?

Catch that critical voice and shift it. Speak to yourself with the same kindness you offer others. Remind yourself that **mistakes are human** and **part of growth**.

Your inner voice shapes your reality. Turn your inner critic into your inner bestie. Be kind, be patient, and cheer yourself on—just like you would for someone you love.

Here are a few ways to practice shifting your thoughts:

Critical Thought: “I’m such an idiot for forgetting that appointment.”

Bestie Shift: “I made a mistake, and that’s okay. I’ll set a reminder next time.”

Critical Thought: “I completely messed up that presentation. Everyone must think I’m useless.”

Bestie Shift: “That was tough, but I did my best. I can learn from it and improve next time.”

Critical Thought: “I’m not good enough for this opportunity.”

Bestie Shift: “This is new and challenging, but I’m capable. I can grow into this.”

Critical Thought: “I failed at this goal—what’s wrong with me?”

Bestie Shift: “Progress isn’t always perfect. I’m proud of the effort I made, and I can try again.”

Critical Thought: “I’m so lazy; I didn’t get anything done today.”

Bestie Shift: “I needed rest today. I’ll get back on track tomorrow.”

Shift 2) YOU are your most important PRIORITY

Do you check in with yourself daily? If not, take a moment to ask: What do I need to enjoy this moment right now? Life gets busy, and it's easy to put everything and everyone else first, but your well-being matters.

Honor your needs by following through for yourself. If you need rest, take it. If you crave movement, go for a walk. If you need connection, reach out to someone. Whatever it is, listen to yourself.

Another tool is to schedule things into your calendar that make you feel good and at peace—just like you would any other important commitment. Treat your joy and rest as priorities because you deserve to feel cared for by the person who knows you best: YOU!

Here are a few examples of prioritizing yourself:

1. **Take a Pause:** Spend a few minutes checking in with yourself—ask, "What do I need right now?" and honor that need.
2. **Plan Me Time:** Block off time for activities that bring you peace, like reading, a walk, or a hobby.
3. **Say No:** Learn to say no to things that drain you, and protect your energy.
4. **Listen to Your Body:** If you need rest, take a nap. If you need movement, do some stretching. Follow your body's cues.
5. **Reach Out for Support:** Call a friend or family member if you're feeling overwhelmed and want to express yourself.
6. **Create a Calming Ritual:** You can light a candle, take a bath, or even read for a few minutes to unwind and change your vibration.

Remember by making these small changes, you're putting your inner bestie first and honoring your well-being. Choosing yourself is an act of self-love.



Shift 3) Always Remember to Celebrate Yourself!!!

Celebrating yourself—whether it's a major achievement or a small victory—is an essential part of nurturing your self-love. It's easy to get caught up in the hustle and overlook the progress you've made, but taking time to acknowledge your growth, no matter how big or small, reinforces the value of your efforts.

Each celebration, no matter how simple, is a reminder of how far you've come and the strength within you to continue moving forward.

It seems simple, but the more you celebrate your wins, the more your self-love will grow. Recognizing your growth, even in the smallest moments, builds a deeper sense of confidence and appreciation for yourself.

By regularly honoring your journey, you not only create a positive cycle of self-affirmation but also cultivate a mindset that embraces **progress over perfection**.

Celebrate yourself, and watch your inner strength flourish!

Here are a few examples of celebrating big and small wins!

Big Wins:

- Landing a promotion or a new job.
- Completing a major project or goal you've worked hard for.
- Overcoming a fear or personal challenge.
- Graduating or earning a new certification.
- Starting a business or launching a new endeavor.

Small Wins:

- Getting through a tough day with grace.
- Taking time for self-care, like a quiet moment to yourself or a good night's sleep.
- Saying no to something that drains you.
- Finishing a book or learning something new.
- Making a healthy choice or sticking to your fitness routine.

It's important to note, that both big and small wins are worth celebrating, as they all contribute to your growth and self-confidence! Keep going, you got this!



REFLECTION SECTION

Date: _____

Day of the Week: *Sun Mon Tues Wed Thurs Fri Sat*

1) Observe & write down your thoughts from a recent challenging experience.

Notice if there is any self-judgment present. If so, how can you replace it with a bestie shift?

<u>Inner Critic Thoughts</u>	<u>Inner Bestie Shifts</u>
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•	•

2) What activities bring you peace, joy, and relaxation?

How can you schedule one or two of those activities into your calendar this week?

3) List any Big or Small Wins you accomplished today or this week...

<u>BIG WINS</u>	<u>SMALL WINS</u>
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