**Key #2 You Are Lovable & Worthy**

**Audio Class #2 Outline**

1. **Cultivate Acceptance - Awareness**
2. **The Truth & Importance of Self-Acceptance**
3. **Self-Acceptance Meter (Rate 1-10 scale)**
4. **Why The Inner Critic Vs. Self-Acceptance**

1. **Cultivate Self-Acceptance- Tools & Inspired Actions**

1) Reflection/Writing on Self-Acceptance

* Past/Parents
* Do you accept or reject yourself/parts of you (body/feelings, emotions, thoughts, needs, desires/dreams, behaviors/patterns, past/current situations)?
1. Daily connection journal

Continue:
2. “Voice In The Head” Journal

4) Self-Acceptance and Worth Beliefs Page/Document

5) Tool: Practice Daily Thought-Shifting

6) Tool: Daily T.M.P. Guided Practice(s)

7) Tool: Self-Worth/Acceptance Visual Reminders

**Remember:**-Progress Not Perfection. Compassion & Curiosity.

-Schedule time to do the writing/journaling in next 2-3 days.

-Schedule alarms/on calendar to remind yourself to use tools.

-Download T.M.P. guided practices to mobile device and use daily.