

# The deadly sin of Self Pity - Week 3

## Self Acceptance



Often we spend too much time comparing ourselves to others and listening to what others think and this can lead to feelings of inadequency, sadness and low self esteem.

What is lurking in your sub-conscious mind?  
Be honest and ask yourself after each one - Where does that belief come from? (see next page)

At my age I should

.....

In my professional life I should

.....

At home I should

.....

Financially I should

.....

In my life I should

.....

As a woman I should

.....

As a mother I should

.....

*'To find ourselves,  
we have to think for ourselves'*

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Ask yourself on each section of the 'I shoulds' -  
Whose belief is this?

*'I accept  
that I  
always do  
my best and  
lovingly  
accept  
myself  
exactly as I  
am and  
where I am  
currently in  
life'*