

# TFGG

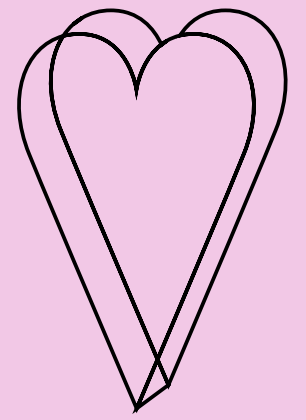
*the fit girl gang*

**The  
Self Love  
Project**  
PART 1



# The Self Love Project

PART 1



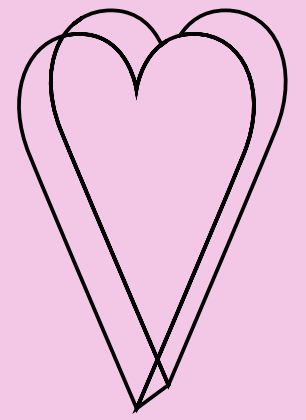
## Part 1: Acknowledgement & Awareness

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### WATCH THE PART 1 VIDEO

Like I discuss in the video, we can't make positive or permanent change until we choose to become fully aware of our own habits, triggers, and cycles. The mean girl in your head who tears you down 24/7 might just seem like white noise at this point because you're so used to hearing her! We need to stop shoving down the negativity and continuously avoiding the way that we feel. Stuffing out the noise and refusing to confront what you are dealing with is only going to compound the problem and allow you to fall deeper into your negative patterns.

The following actionables might be challenging, but they are the key to coming face to face with your own demons.



## Actionables

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The following points need to be written down in your journal or computer on the first day that you decide to begin Part 1. You don't need to journal every day in this Project, but you do need to have this stuff in writing to refer back to.

**1. Where am I at right now? How have I been feeling overall in my life?**

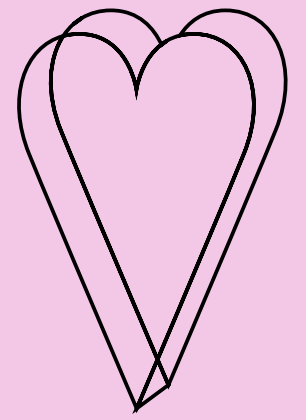
Yes, this can be generic, but it's important to identify the areas that you have been feeling good about and the areas you've been struggling with. Try to cover all areas including body image, fitness, nutritional habits, relationships, career, and anything else that matters to you.

I want you to give yourself an overall score out of 10 when it comes to how you feel about each category you write down. Here is the hard part: YOU CANNOT USE THE NUMBER 7. Research has shown that as humans we rate something as 7/10 (or 70%) when we feel it isn't good or bad. Any categories that fall into 6/10 or lower need to be your primary focus throughout this project. Anything that you write down as 8/10 or higher are areas where you are killing it, and don't need to be a major priority to improve on right now!

**2. What does my self-talk sound like? What are the kinds of things I say to myself?** Make sure to write each of your major lines/sayings/comments to yourself out as accurately as possible and be honest with yourself.

**3. What are my triggers?** Yes, I realize that trigger might be the most overused word lately, but it does have important meaning. What are the things that happen or the things people say, that cause you to fall into a negative downward spiral? This can be a spiral of negative self-talk, binge-eating, restricting, drinking, or any other patterns you fall in to.

**4. What does my cycle look like?** As I spoke about in the video, we each have our own unique "Darkness Cycle". This is a pattern of events, thoughts, and actions, that is repeated over and over. In order to break the cycle, we need to acknowledge what it is from beginning to end.



## Example:

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The following is a very personal example of what my cycle used to be when I was at the lowest place in my life. It is difficult to share, but I want to give you a real-life idea of what this often looks like.

### MONDAY MORNING:

Wake up bloated, so puffy I couldn't get my pants on, sad, and dreading the week ahead.

### MONDAY AFTERNOON:

Create a new "plan" that I would for sure follow "for good". This plan always involved under eating, hyper-training (excessive cardio was 95% of my training at the time), and TONS of social media scrolling to help myself stay "on it" and "motivated".... This literally just meant staring at other women's bodies to shame me into continuing what I was doing.

### TUESDAY - THURSDAY MORNING:

Continue what I did on Monday.

### THURSDAY EVENING:

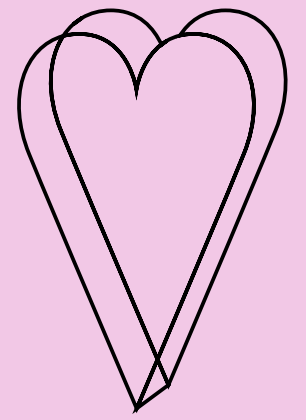
I should give context that during the 6-month period of time (approximately) that this went on for, I didn't ever work or have class during the day Friday. I'm not sure why, but Thursday was always my "fun night of drinking". This meant drinking too much, binge eating, making extremely poor choices with an ex, and waking up feeling AWFUL.

### FRIDAY - SUNDAY:

Binge, binge, binge, and speak horribly to myself.

### MONDAY MORNING:

...you get the idea here.



## Daily Practice

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Each day during Part 1 (however long that may be) your only job is awareness & acknowledgement. NOTICE when you begin to shit talk yourself. NOTICE when you feel triggered. NOTICE when you fall into a Darkness Cycle and what the affect that pattern has on your life is. If you feel something that makes you sad or uncomfortable, immediately pause and try to recognize why you feel that way or what led you to say something cruel to yourself. This might sound so simple, but before we make any changes what so ever it is ESSENTIAL to be as conscious as possible of our own mindsets.

You can go back and add to your previously journaled comments as often as you like. All that I ask is that you don't back down and try to stuff out the pain you are feeling. If you feel something, recognize it, and if you notice a new pattern, make sure to write it down! You've got this babe.

## Move on to Part 2 when:

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Move on to the next part once this becomes a routine for you. Once you are habitually catching yourself in your negative thoughts and actions, and you feel like you're able to properly asses your own behaviour, you're ready. This might take a week or it might take longer, and any amount of time is okay.