

Business VisionBoard Workshop



BABYPICS

Lesson Guide



Lesson Guide

The BabyPics lesson will help you **practice self-compassion and self kindness** so that you are better able to create the positive changes you want to make in your life and your business.

This is a very specific method to begin practicing self-compassion and kindness by increasing your awareness of the negative self talk you currently engage in, and with this lesson, you'll dramatically improve and even begin to reverse how you talk to yourself currently.

Over time, self compassion and self kindness can become your default mode of self talk **giving you more resiliency, inspiration and the positive feedback and encouragement you need** to take more risks, bounce back from the stumbles you WILL have so that you achieve MORE of your goals.

Having positive self talk is important for everyone, and it's even MORE important for entrepreneurs like us because we are constantly taking risks and trying new things.

As entrepreneurs we will have more "failures" than successes. That's normal. It's okay to have "failures" as long as we learn from them, adjust as needed and keep going. What's not okay is to give up or stop because you're beating yourself up after each failure, which results in perfectionism and procrastination.

Follow the steps below to turn the negative self talk you used to engage in - into kinder more compassionate self talk that will inspire you and motivate you to continue to move forward and achieve your goals.

Refer to the video for some step-by-step examples to help you with the first 2 steps if you find them challenging.

Step 1: Identify the recurring negative self-talk you tell yourself often.

If you find this difficult, think back to a recent time when you made a mistake, felt judged or something didn't turn out the way you expected. What types of things were you telling yourself or beating yourself up with?

Step 2: Write the new, encouraging, kind and compassionate messages to replace your negative self-talk.

Examples:

"I'm not good enough." flips to become
You are valuable simply because you exist. OR
You are worthy of love and belonging.

"Why doesn't anything work out for me!?" flips to become:
What has gone well for me?
Where can I find the gift in what happened?
Where can you improve and build on your strengths?
I'm getting stronger with every stumble.
I deserve credit for what I have done right.

Step 3: On your watercolor paper, paint or draw a heart.

It doesn't have to be pink or red - choose your favorite color.

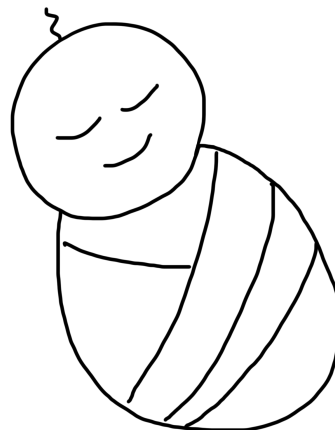


Step 4: Glue or tape your chosen Baby image in the middle of your heart.

If you used watercolor, be sure your heart is dry before applying your baby image. Use a heatgun or a hair dryer if you're impatient like me!



Alternatively, you can draw a simple "stick figure" baby. Here's a stick figure baby template to follow.



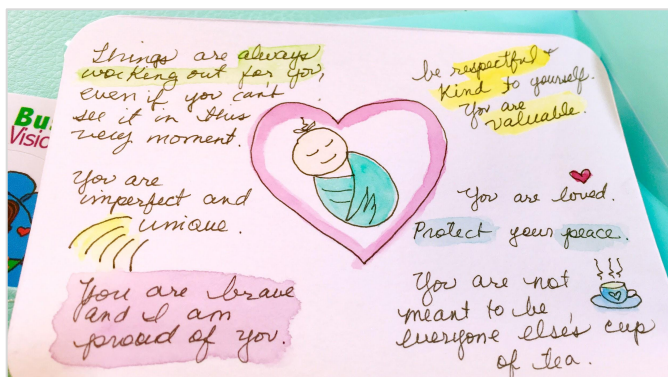
Step 5: Write your new positive messages around your Baby image. Be sure to use a waterfast pen, markers or paint pens. If you are going to paint over them with watercolor or they will smear.



Step 6: Decorate and add Color. You can paint over your new messages, add hearts, flowers, stickers or Other embellishments.



Step 7: Add your finished BabyPic lesson to your Business Vision Board. You can also create a smaller version to keep with you.



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