

**DAY 12:  
RECONNECTING WITH  
OURSELVES**



**KEY TAKEAWAYS**

*“Your relationship with yourself sets the tone for every other relationship you have.”*

**The Four Different Aspects of Connecting with Yourself**

**1. Introspect by Intentionally Turning Inwards**

**Mindfulness Practice:**

- Close your eyes and breathe deeply in and out of the nostrils.
- Arrive at the present moment as you notice the natural rhythm on the breath.
- Notice your body and how it feels, the chair beneath you that supports you.
- Turn inwards and notice with non-judgement how you are feeling now. What emotions are running through your body, mind and spirit right now.
- Name and notice these emotions as you acknowledge them with compassion if they are a little challenging. Perhaps noticing other emotions with gratitude.
- Allow your feelings to soften- there is no need to feel shame at how we are feeling.
- Set an intention now to be consciously more introspective and turning inwards, especially when we feel chaos around us.
- Take another three deep breaths.
- Breathing in say “I am here” and with every breath out, “I am enough”.
- Open your eyes when you are ready.

**2. Reflect on Yourself and your Mental Well-being in Real Time**

- Ask yourself on a level of 1 to 10, how are you feeling today?
- Start to unpack the entirety of what your mental health means to you by using some of the questions below.

**REFLECT**  
Reflect on yourself and your mental wellbeing in real time

- Emotions:** How am I feeling? What is the main emotion I experience lately?
- Areas of concern:** Which area of my life is struggling the most and needs some attention?
- Triggers:** Which situations trigger uncomfortable emotions for me?
- Purpose:** Do I have a sense of my purpose or things that bringing meaning to my daily life?
- Self-perception:** Who am I, outside of my job and other roles I play? How is my self-talk & the way I think about myself?
- Enjoyment:** Which activities bring me joy or a sense of calm?
- Thoughts:** What thoughts preoccupy my mind? Do I acknowledge my thoughts non-judgementally or do I ruminate on these thoughts?

**3. Connect your Authentic Self**

Ponder or journal these questions;

- How would your life be different if you let go of the fear holding on to?
- Who would you want to be if you could ignore other’s expectations of you?
- What would you do if you knew you couldn’t fail?
- What does your best or favourite-self look like?



## KEY TAKEAWAYS

### Tips for You

- Where am I today?
- What are my needs?
- What can I do to intentionally honour my needs today?

### 4. Respect your self-care needs

- Self-care is the proactive and intentional habits you do to invest in yourself.
- Below is a non-exhaustive list of some ways you may invest in yourself.



### Your Internal Bank Account

- Self-care, introspection and connecting with yourself is much like making daily deposits into your internal bank account. Everything that requires, energy, effort and time withdraws from your internal bank account.
- You wouldn't intentionally allow excessive withdrawals from your actual bank account, which would cause you to go into overdraft, so why would we allow this to happen with our internal emotional bank account?

### A Gentle Reminder...

You don't have to do it all as this can be overwhelming. Remember to start with just one thing today.

