

# LIVING YOUR BEST SELF



Take initiative in creating a life that has more meaning for you.





## N

**Nurturing yourself** – Most people nurture themselves but fall short on any one of these.

Pick only one or two areas at a time to work toward a more balanced life:

- Have a good work/life balance
- Work toward having a job that is fulfilling for you
- Eat nutritious, balanced meals
- Limit alcohol consumption
- Zero in on addictive behaviors that need to change
- Exercise, walk in Nature, or meditate
- Surround yourself with supportive, healthy people
- Pace yourself
- Work on self-acceptance
- Work towards creating a balance between rest, play, and work
- Have at least a small window of time each day to call your own.

## O

**Owning your stuff** – We tend to blame the person who triggered us versus recognizing that we can only get triggered if we have a wounded part. Listen to what is going on internally. Learn to calm and befriend parts of yourself that you usually want to get rid of. It is much more productive to acknowledge, support and speak for what you are feeling than to shove those feelings aside and ignore them, or try to make them go away by blaming and shaming those who triggered you. Be honest with yourself. For instance, look for the underlying truth of why you are angry and communicate that instead.

## U

**To unfold** – Think passion. Think transformation. To unfold means to let go of what is not working in order to create a life that is more purpose-driven and meaningful to you. Creating a life that brings joy and a sense of accomplishment may seem like a daunting task. Strong emotions, a lack of self-awareness, or fear of changing the status quo may keep you tied in one place by repeating coping strategies that don't work. Fear of going after your dreams can keep you from experiencing a more fulfilling life. It may take courage as you challenge yourself and work with the parts of you that are scared or nervous to go after what you say you want. Your life promises to be more fulfilling when you take your natural skills and talents and use them to create for yourself a more genuine life with purpose and meaning.

## R

**Improve your relationships** – This works for your significant relationships as well as friendships. There are several components to consider in improving your connections. Notice what you offer in your relationships. Do you carry your part or are you just looking for somebody to help you fulfill your needs? Do you listen to others or do you interrupt to give your point of view or side of the story? Do you find yourself being aggressive, expecting others to live by your truth? Or maybe you do the opposite by not sharing what you are thinking and feeling for fear that it will lead to unwanted conflict? Additionally, notice the kind of friends you attract. Are they reciprocating your energy? Are they helping you build a better life or supporting your unhealthy patterns?

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**I Integrity** – This is when the inner you (what your gut is telling you) gets expressed in the outside world. It means being truthful with yourself and with others. The emphasis is on creating from within, in line with your passion. This refers to life goals, and also in how you show up day-to-day. The opposite of integrity is when we are unaware of our inner promptings, forget who we are, or give away who we are because we fear some loss or repercussion. It may mean speaking up and expressing your truth. And it also speaks to creating a life more in line with what you are passionate about. So, how do I live from integrity? This is a discovery process. Ask yourself, “What is my passion?” Once you have ideas about this, begin to take steps toward your inner guidance. Start with something small. Your confidence will grow and this will give you the courage or motivation to take more steps as you begin seeing progress. Through patience and persistence, you build inner trust.

**S Self-esteem** – We all have times when we don't feel good about ourselves. One reason this happens has to do with our own concepts of perfectionism. When we try to be 100% perfect, we are denying a voice to the parts of us that are not so perfect. When we don't live up to the high standard that we have set, our own internal critic tells us that we are not good enough or that we are doing something wrong. We may talk to ourselves in unsupportive ways. There are several ways to improve how you feel about yourself. Listen to and observe your inner dialogue without judgment. And work with the different parts of yourself to support them, rather than abandon yourself when you most need encouragement.

**H Heal** – Coming from the perspective that you cannot get triggered if you don't have a wounded part ... Recognize that anxiety, depression or anger are signs that healing is needed. The goal is to learn to calm extreme reactions or parts while accepting, healing and supporting them. The impact of this is multi-layered. It will decrease how often you are negatively impacted by another's words and actions. Why? When you are triggered, it is what is going on internally that is the problem. The other person is only triggering the wounds we already have. It is more helpful to clarify and work with your own parts than to project your wrath, blame, shame, or irritability onto others.

If you have found this helpful but are unclear on how you can obtain these goals for yourself, I can help.

**Not already a client?**

Make an appointment for a **free 15 minute consultation.**

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