

BECOME

**THE BEST**

VERSION OF

*Yourself*



**RESOURCE CHEAT SHEET**

# Chapter 1: Being yourself

## Articles

- Be the best version of yourself: <https://exploringyourmind.com/be-the-best-version-of-yourself/>
- Starting today, stop these 6 things to become the best version of yourself: <https://www.lifehack.org/articles/communication/starting-today-stop-these-6-things-become-the-best-version-yourself.html>
- 6 self-destructive behaviors you should quit asap: <https://www.readunwritten.com/2019/08/22/6-destructive-behaviors-quit/>
- 3 things you can do to feel happier, right now: <https://tinybuddha.com/blog/3-things-can-feel-happier-right-now/>
- How to love yourself unconditionally in 5 simple ways: <https://magazine.vunela.com/how-to-love-yourself-unconditionally-in-5-simple-ways-84dbac5ddf6>
- The surprising secret to loving your body and yourself: <https://tinybuddha.com/blog/the-real-secret-to-loving-your-body-and-yourself/>
- The 7 secrets of self-love: <https://www.lifecoach-directory.org.uk/memberarticles/the-7-secrets-of-self-love>
- How to get to know yourself in 5 fool-proof steps: <https://www.prolificliving.com/the-greatest-discovery-of-all-getting-to-know-yourself/>

## Videos

- Become the best version of yourself - priyanka chopra jonas | seek inspiration - motivation 2020: <https://www.youtube.com/watch?v=usrpzmbjqwk>

# Chapter 2: Projecting Yourself

## Articles

- Psychological projection: dealing with undesirable emotions:  
<https://www.everydayhealth.com/emotional-health/psychological-projection-dealing-with-undesirable-emotions/>
- How to spot when you are projecting onto others:  
<https://www.aconsciousrethink.com/5409/spot-projecting-onto-others/>

## Videos

- Projecting your personal shadow | dr. Steve mortenson | tedxuniversityofdelaware:  
<https://www.youtube.com/watch?v=5udjgxobrtk>
- Psychological projections: how to heal relationships:  
<https://www.youtube.com/watch?v=nnkbygkpjpu>

# Chapter 3: Learning Your Triggers

## Articles

- 5 strategies to heal your emotional triggers:  
<https://drjudithorloff.com/5-strategies-to-heal-your-emotional-triggers/>
- How to spot your emotional triggers - learning your emotional red flags is a way to boost your emotional intelligence:  
<https://www.psychologytoday.com/us/blog/the-gen-y-psy/201810/how-spot-your-emotional-triggers>
- What emotional triggers are + why you need to understand them:  
<https://www.mindbodygreen.com/0-18348/what-are-emotional-triggers-why-you-need-to-understand-them.html>
- How to identify your emotional triggers and what to do about them:  
<https://tinybuddha.com/blog/how-to-identify-your-emotional-triggers-what-to-do-about-them/>

## Videos

- Feelings: handle them before they handle you | mandy saligari | tedxgulford: <https://www.youtube.com/watch?v=jd4o7ama3o8>
- How do i keep from being triggered? – eckhart tolle: <https://www.youtube.com/watch?v=laabxlc8-bu>

## Chapter 4: Knocking Down Your Barriers

### Articles

- The 5 wounds of the soul: <https://kayapinri.wordpress.com/2015/05/20/the-5-wounds-of-the-soul/>
- Healing the abandonment wound: <https://pro.psychcentral.com/recovery-expert/2017/08/healing-the-abandonment-wound/>
- Recovering from the primal fear of abandonment: <https://kripalu.org/resources/recovering-primal-fear-abandonment>

### Website

- Heal your wounds: <https://www.psychologytoday.com/us/collections/201106/heal-your-wounds>

### Videos

- Guided meditation for anxiety and healing emotional wounds, spirit and soul direction: <https://www.youtube.com/watch?v=sbqdwxe-ecg>

# Chapter 5: Create Boundaries

## Articles

- 10 way to build and preserve better boundaries: <https://psychcentral.com/lib/10-way-to-build-and-preserve-better-boundaries/>
- How to set healthy boundaries: 10 examples + pdf worksheets: <https://positivepsychology.com/great-self-care-setting-healthy-boundaries/>
- The no bs guide to protecting your emotional space: <https://www.healthline.com/health/mental-health/set-boundaries>
- 7 tips to create healthy boundaries with others - knowing when to say no: <https://www.psychologytoday.com/us/blog/in-flux/201511/7-tips-create-healthy-boundaries-others>

## Videos

- Good boundaries free you | sarri gilman | tedxsnoislelibraries: <https://www.youtube.com/watch?v=rtshueknkc8>
- How to create healthy boundaries - lisa nichols: [https://www.youtube.com/watch?v=n9h8ifd9u\\_g](https://www.youtube.com/watch?v=n9h8ifd9u_g)

# Chapter 6: Increase your self-confidence and self-esteem

## Articles

- Self-confidence vs self-esteem: <https://www.readandspell.com/us/self-confidence-vs-self-esteem>
- Building self-confidence - preparing yourself for success!: <https://www.mindtools.com/selfconf.html>
- How to raise your self-esteem: <https://psychcentral.com/lib/how-to-raise-your-self-esteem/>
- What is self-esteem? A psychologist explains: <https://positivepsychology.com/self-esteem/>

- 7 most effective self-esteem tools and activities:  
<https://positivepsychology.com/self-esteem-tools-activities/>

### **Videos**

- Build your self-confidence – mind tools videos:  
[https://www.youtube.com/watch?v=edor4d-zakg&feature=emb\\_title](https://www.youtube.com/watch?v=edor4d-zakg&feature=emb_title)

## **Chapter 7: Connecting with your authenticity**

### **Articles**

- The 5 qualities of an authentic person:  
<https://medium.com/personal-growth/the-5-key-ingredients-of-an-authentic-person-259914abf6d5>
- Becoming more authentic: accept yourself and forget approval:  
<https://tinybuddha.com/blog/becoming-more-authentic-accept-yourself-and-stop-seeking-approval/>
- 11 signs of a truly authentic person - so here are the 11 signs of a truly authentic person:  
[https://www.huffpost.com/entry/11-signs-of-a-truly-authentic-person\\_b\\_9462220](https://www.huffpost.com/entry/11-signs-of-a-truly-authentic-person_b_9462220)

### **Videos**

- The true and false self – the school of life:  
<https://www.youtube.com/watch?v=a02ucd6mony>
- Embracing your authentic self: jennifer gillivan at tedxmsvuwomen:  
<https://www.youtube.com/watch?v=wa9lmkl7tj8>
- Journey to authenticity: a new way of being | mike fecht:  
<https://www.youtube.com/watch?v=tps9et43rb0>

# Chapter 8: Reconnecting with your inner child

## Articles

- Inner child work: 4 healing techniques to overcome trauma:  
<https://lonerwolf.com/inner-child-work/>
- Essential secrets of psychotherapy : the inner child - has your adult self spent time with your inner child today?:  
<https://www.psychologytoday.com/us/blog/evil-deeds/200806/essential-secrets-psychotherapy-the-inner-child>

## Videos

- Give your inner child permission to heal | kristin folts:  
<https://www.youtube.com/watch?v=ukhkq6s3kau>
- Inner child meditation for codependency, lack of self love and negative programming:  
<https://www.youtube.com/watch?v=8779p4rim80>

# Chapter 9: Tame your inner voice

## Articles

- Positive self-talk: how talking to yourself is a good thing:  
<https://www.healthline.com/health/positive-self-talk>
- Overcoming bad inner voices:  
<https://www.youtube.com/watch?v=gguzvuubeiq>
- Self-talk - inner voice:  
<https://www.psychologytoday.com/us/basics/self-talk>
- The power of positive self-talk - working to overwrite the negative voice with positive truths:  
<https://www.psychologytoday.com/us/blog/hope-relationships/201605/the-power-positive-self-talk>
- What is positive self-talk? (incl. Examples):  
<https://positivepsychology.com/positive-self-talk/>



# Chapter 10: Increase your self-awareness

## **Articles**

- How to get to know yourself better! 7 steps to self awareness:  
<https://www.thelawofattraction.com/ways-know-yourself-7-steps/>

## **Video**

Increase your self-awareness with one simple fix | tasha eurich:  
<https://www.youtube.com/watch?v=tgdsoxzpywe>