

SELF-LOVE ACTIVATION COURSE

KATRINE HORN COACHING

# PERSONAL WORKBOOK



[www.katrinehorn.com](http://www.katrinehorn.com)

**ONLINE SELF-STUDY PROGRAM IN 12 MODULES**

WORKBOOK

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# MODULE 1: GET RID OF THE BUSYNESS

TAKE 1 THING OFF YOUR PLATE

TO DO

RESPONSIBILITY

VALUE

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# MODULE 2: DEFINE YOUR VALUES

TAKE THE TIME TO GET CLEAR ON YOUR VALUES

## VALUES

Authenticity	Freedom	Optimism
Achievement	Friendships	Peace
Adventure	Fun	Pleasure
Authority	Grace	Poise
Autonomy	Growth	Popularity
Balance	Happiness	Recognition
Beauty	Honesty	Religion
Boldness	Humour	Reputation
Compassion	Influence	Respect
Challenge	Inner Harmony	Responsibility
Citizenship	Integrity	Security
Community	Justice	Self-Respect
Competency	Kindness	Service
Contribution	Knowledge	Spirituality
Creativity	Leadership	Stability
Curiosity	Learning	Success
Determination	Love	Status
Fairness	Loyalty	Trustworthiness
Faith	Meaningful Work	Wealth
Fame	Openness	Wisdom

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# MODULE 2 CONTINUED

## YOUR CORE VALUES

Write down your 10 values:

- |    |     |
|----|-----|
| 1. | 2.  |
| 3. | 4.  |
| 5. | 6.  |
| 7. | 8.  |
| 9. | 10. |

Now you narrow them down to just 4.

Your core values are:

- |    |    |
|----|----|
| 1. | 2. |
| 3. | 4. |

You can now go back to **module 1** and fill in the value column on page 2.

You now know why you're doing what you're doing.  
**CONGRATULATIONS!**

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# MODULE 3: CRAFT YOUR VISION STATEMENT

## BECOME MORE OF YOURSELF

These are your 4 core values:

- 1.
- 2.
- 3.
- 4.

First draft of your vision statement:

### LOUISE, 36, MOTHER AND BOUTIQUE OWNER

Example:

My greatest priority is my family. When I'm with them, I focus on the positive side of things and model this to my daughters. Through attention to diet and spare time activities, we stay fit and **healthy**. To promote emotional health, I'm quick to forgive mistakes and look at family members and clients with **compassion**. United in love, we manage to **laugh** ourselves out of a crisis. At work, I'm committed to providing **excellent** value, quality and care for all my clients, allowing them to be fully themselves even when we disagree.



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# MODULE 3 CONTINUED

## YOUR VISION STATEMENT

Tweak what's not working: what changes do you need to make?

If I \_\_\_\_\_ I will be able to \_\_\_\_\_

If I \_\_\_\_\_ I will be able to \_\_\_\_\_

If I \_\_\_\_\_ I will be able to \_\_\_\_\_

Second draft of your vision statement:

Third draft of your vision statement:

*God, grant me the serenity to accept the  
things I cannot change,  
Courage to change the things I can,  
And wisdom to know the difference.*

Reinhold Niebuhr

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# MODULE 4: COMMIT TO SELF-CARE

## DESIGN YOUR RECOVERY RITUALS

List 3 things you KNOW you have to do to feel good about your day/week:

- 1.
- 2.
- 3.

When I (state your activity)

I feel

Schedule your 3 recovery activities:

I will (state recovery activity)

on (day)

at (time)

I will (state recovery activity)

on (day)

at (time)

I will (state recovery activity)

on (day)

at (time)

Create your mini recovery activity library here and design your schedule:

Activities:

Schedule:

\*

Time:

\*

Time:

\*

Time:

\*

Time:

\*

Time:

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# MODULE 4 CONTINUED

## JOURNALING QUESTIONS

If you're feeling guilt coming up for spending time on yourself, take some time to gain extra clarity on this. Ask yourself :

What is this recovery activity preventing me from doing?

What is it allowing me to do and to feel?

If I truly loved myself, which would I choose?

If you were advising a friend, what would you tell this person to do?



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# MODULE 5: SENSE YOUR BOUNDARIES

## THE ABSOLUTE NO LIST

ABSOLUTE NO-LIST

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# MODULE 5 CONTINUED

## THE ABSOLUTE YES LIST

### ABSOLUTE YES-LIST

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# MODULE 5 CONTINUED

## JOURNALING QUESTIONS

Take some time to sit quietly and answer these questions:

What things, experiences and people can I bring into my life NOW that would end my feeling of dissatisfaction?

How can I create more of what I want in my life right NOW?

What are the things I can get rid of?

What are the experiences that I dread that I can start fading out of my life right NOW?

Who do I need to talk to to change their negative influence in my life?

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# MODULE 6: PRACTISE SAYING NO

## LETTING PEOPLE DOWN GRACEFULLY

Practise saying NO gracefully by using these tools:

I can't

but I can

"I'd love to do this for you. Could you \_\_\_\_\_ for me"?

"I'm sorry but I'm unable to do this."

Or if its not an absolute "NO", say:

"I'm sorry but I won't be able to do this in so little time. Can we find a different solution together?"

"Wow, thank you for asking ME to take the minutes for the meeting. I'm really flattered that you think me so capable, but I'm afraid that this time I won't be able to. I've already agreed to set up the meeting room. Please feel free to ask me some other time."

"When you just expect me to do this, I feel \_\_\_\_\_" (fill in the blank)

In a professional context, this could become:

"I'm sorry to find out you expect me to do this in so short a time because it makes me feel rushed and I won't be able to do my best."

For all the items on your Absolute NO-list, have a plan in place. What are you going to say?

**Think about what you're saying NO to when you want  
to say NO but end up saying YES**

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# MODULE 7: TALK BACK TO YOUR INNER CRITIC

## YOUR INNER CRITIC

Name your Inner Critic:

Identify a situation where you got told off by your Inner Critic and describe it briefly:

Change it from a BEING situation into a DOING situation:

Your Inner Critic cannot  
withstand **COMPASSION &  
HUMOUR**; use them against it



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# MODULE 7 CONTINUED

## ASK YOUR INNER CRITIC

What are you afraid of?

What can you teach me?

Delegate. What assignment are you delegating to your Inner Critic?

Dear (name of your Inner Critic),

I appreciate your protection but now I delegate you the responsibility of

*“Your Inner Critic is simply a part of you  
that needs more self-love.”*

Amy Leigh Mercree



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# MODULE 8: STEP INTO YOUR POWER

## HOW ARE YOU HIDING?

Describe a situation where you remember hiding:

How are you hiding today?

How can you react differently so as not to hide?

### CASSAUNDRRA, 32, MARKETING ASSISTANT

Cassandra used to hide her power:

“I’ve always worked conscientiously. I’ve often been credited with being highly creative. My (male) colleague developed the habit of coming to me for advice on particular projects. Later, during departmental meetings, this colleague would pass off my ideas as his. Upon inquiry, I found out that he was paid a higher salary than me. I confronted management with this information and my shock at learning it and am now glad to be earning the same salary and being credited as the woman behind my ideas.”



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# MODULE 9: HAVE YOUR NEEDS MET

## IDENTIFYING YOUR NEEDS

Write down what needs you feel are not being met at the moment in each of these levels:

**Level 1:** Physical wellbeing

**Level 2:** Physical Safety

**Level 3:** Love and Belonging

**Level 4:** Self-Esteem

**Level 5:** Self-Fulfillment

*“Worthy NOW, not if, not when, we're worthy of love  
and belonging now. Right this minute. As is.”*

Brené Brown



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# MODULE 10: EXPERIENCE YOUR DESIRES

## DESIGNING HOW TO EXPERIENCE YOUR DESIRES

Unmet need #1

 Desire

Manifestation plan

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Unmet need #2

 Desire

Manifestation plan

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Unmet need #3

 Desire

Manifestation plan

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# MODULE 11: ENTER YOUR ZONE OF EXCELLENCE

## JOURNALING QUESTIONS

Take some time to sit quietly and answer these questions:

What do you love doing?

What could you do all day without tiring without getting bored?

Name your skill/gift/superpower:

What sort of person does this make of you?

What changes do you have to operate to embody this person?

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# MODULE 11 CONTINUED

## JOURNALING QUESTIONS

Is the Universe telling you that you're not on course?

Example:

or

Are you up against an upper limit, a limit to how much goodness you're willing to allow into your life? This could show up as self-sabotage.

Example:

What doors are the Universe opening for you? What possibilities are being presented to you?

Write down your **COMMITMENT** to yourself.

I commit to

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
# MODULE 12: ACCEPT THAT YOU ARE WORTHY

## THIS IS WHAT YOU ARE COMMITTING TO

Module 1:   This is the chore I choose to relinquish/delegate:



This is the responsibility that I no longer have to take care of:

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Module 2:   These are my core values. I've written them down and keep them with me for easy consultation:

- 1.
- 2.
- 3.
- 4.

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Module 3:   This is my vision statement and how I intend to live. I'll read it every morning till I've committed it to memory and every time I need support in a difficult situation:

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# MODULE 12 CONTINUED

## CONTINUING COMMITMENT

Module 4:   These are my mini recovery activities (between 2 and 5 minutes):

Mini recovery activities:

These are my major recovery activities:

Major recovery activities:

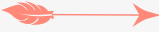
These will take place (write down the days and times to do them):

	8AM - 10AM	10AM - 12PM	12PM - 2PM	2PM - 4PM	4PM - 6PM	EVENING
Monday						
Tuesday						
Wednesday						
Thursday						
Friday						
Saturday						
Sunday						


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# MODULE 12 CONTINUED

## CONTINUING COMMITMENT

Module 5:  I've written down/printed out my **Absolute NO** list. I've made a habit of checking whether my actions violate it. These are the situations that I particularly want to make progress on:

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Module 6:  This is my sentence that I feel comfortable delivering to let people down gently by saying no:

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Module 7:  When I hear my **Inner Critic** whom I've named

I ask: *"What are you afraid of?"*

and : *"What can I learn from you?"*

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# MODULE 12 CONTINUED

## CONTINUING COMMITMENT

Module 8:   I tend to hide my power when

Instead of this behaviour, I will now

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Module 9:   These are the 3 needs that I'm decided to meet now:

Need #1:

Need #2:

Need #3:

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Module 10:   This is how I'm going to meet them:

Desire #1:

Desire #2:

Desire #3:

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
# MODULE 12 CONTINUED

## CONTINUING COMMITMENT

Module 11:   This is my special skill/gift/super power:

This is how I'm going to use it:

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Module 12:   Declare that you're worthy. Practise these affirmations as often as possible:

I am worthy  
I am worthy of happiness  
I am worthy of love  
I am worthy of success  
I am worthy of abundance

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To continue evolving: I hope this course has genuinely convinced you that you can go ahead and love yourself fully. It's not about being perfect; it's about being your true self which is SO lovable.

If you need help in loving yourself fully, I'm here for you. You can request a free session with me where, together, we can unravel what's holding you back from loving yourself fully. To apply for a free session, please click the button and fill in the short questionnaire:



I believe in you

