

SKILL - SELFTRUST

TOOL – EMBRACING MYSELF



1) DESCRIPTION OF THE TOOL

Name of the tool: Embracing myself

Self-acceptance is the ability to acknowledge and appreciate yourself, flaws and all. It's about recognizing your strengths and weaknesses without judgment.

Self-acceptance is the bedrock of self-trust. When you accept yourself, you believe you are capable and worthy. This fuels the confidence to take on challenges, learn from mistakes, and navigate setbacks – all crucial aspects of self-trust.

Time: 45 minutes

2) OBJECTIVES OF THE TOOL

- Understand the concept of self-acceptance and its impact on work performance and personal development.
- Identify factors that contribute to high and low self-acceptance.
- Develop strategies to build and maintain healthy self-acceptance.
- Built a foundation for self-trust.

3) CONNECTION OF THE TOOL WITH THE SKILL

Self-acceptance and self-trust are two closely related concepts that reinforce each other.

Self-acceptance: Is the acceptance of oneself as one is, with one's flaws and virtues. It involves recognizing and valuing the positive aspects of oneself, as well as accepting the negative aspects without judging or criticizing oneself.

Self-trust: Is the belief in one's own abilities, capacities, and judgment. It involves trusting in one's ability to make sound decisions, overcome challenges, and achieve one's goals.

How are they related?

- Self-acceptance is the foundation of self-trust. If we do not accept ourselves, it is difficult to

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trust in our abilities and capacities.

- Self-acceptance allows us to be more compassionate with ourselves, which helps us overcome mistakes and learn from them. This, in turn, increases our confidence in our ability to succeed in the future.
- Self-trust allows us to be more assertive and stand up for our needs and values. This helps us feel more secure about ourselves and increases our self-acceptance.

Self-acceptance is a fundamental skill for success in both your personal and professional life. It influences your self-trust by impacting:

- **Confidence:** High self-acceptance allows you to approach challenges and opportunities with a positive attitude and a belief in your abilities.
- **Motivation:** People with healthy self-acceptance are more likely to set goals, take initiative, and persevere in the face of setbacks.
- **Decision-Making:** Strong self-acceptance empowers you to make choices that align with your values and well-being.
- **Communication:** Those with high self-acceptance can communicate effectively, express themselves clearly, and assert their needs with confidence.
- **Relationships:** Healthy self-acceptance fosters positive and respectful relationships with colleagues and supervisors.

4) RESOURCE MATERIALS

- A comfortable space for sharing

5) HOW TO APPLY THE TOOL

How to Develop Self-Acceptance and Self-Trust:

1. **Practice self-compassion:** Treat yourself with kindness and understanding, just as you would a friend. Avoid harsh self-criticism and focus on your strengths and positive qualities.
2. **Challenge negative self-talk:** When you have a negative thought, ask yourself if it's true or if it's just a cognitive distortion. Replace negative thoughts with more realistic and positive self-statements.
3. **Focus on your strengths and accomplishments:** Celebrate your successes, both big and small. Make a list of your strengths and talents and remind yourself of them regularly.
4. **Set realistic goals and celebrate progress:** Don't set yourself up for failure by setting

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unrealistic goals. Break down larger goals into smaller, more manageable steps. Celebrate your progress along the way, no matter how small it may seem.

5. **Practice gratitude:** Take some time each day to appreciate the good things in your life. Write down three things you're grateful for each day or keep a gratitude journal.
6. **Surround yourself with positive people:** Spend time with people who support, encourage, and believe in you. Avoid people who are negative or critical of you.
7. **Take care of yourself:** Make sure you're getting enough sleep, eating healthy, and exercising regularly. Taking care of your physical health will also improve your mental and emotional well-being.
8. **Seek professional help if needed:** If you're struggling to develop self-acceptance and self-trust on your own, a therapist can help. They can provide you with additional support and guidance.

Developing self-acceptance and self-trust takes time and effort. Don't get discouraged if you don't see results immediately. Keep practicing these strategies, and you'll gradually see an improvement in your self-esteem, self-confidence, and overall well-being.

6) WHAT TO LEARN

To accept yourself is to step into your power. When you cultivate self-acceptance, you no longer need to look for external sources of validation.

Learning how to accept yourself is a stepping stone to how you take care of your mental health, too. You become sure of who you are and learn to own both your strengths and your weaknesses.



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