

Create Epic Loving Discipline

JOURNAL PROMPTS

Reflect on how you were punished or reprimanded when you did something “wrong” as a child.

Reflect on how you punish yourself in adulthood (examples: depriving of food, restricting yourself, shaming yourself for actions taken, negative thought cycles).

ACTION STEPS

1. Choose one small ritual you'd like to incorporate into your day that is under 5 minutes
2. Reward **and** validate yourself—track your wins (more on this in my 22 Day Epic Self-Care Challenge!)
3. If you tend not to show up for yourself, speak to yourself as a wise inner parent:
“It’s ok, you felt _____ and needed _____. I will show up for myself tomorrow.”
4. Write the Loving Discipline down where you can see it every day (the mind sees in pictures)
5. Share with 2-3 friends or a coach to help hold you accountable

NEED SUPPORT?

Join the **22 Day Epic Self-Care Challenge** today and learn how to MAKE YOURSELF A TOP PRIORITY in the New Year!

Join the challenge [here!](#)



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