### BIS

### 1-2-3 KNOCKOUT WORKBOOK



### 1-2-3 KNOCKOUT — KINDNESS

When it comes to kindness, remember that kindness is how you treat yourself. Don't confuse it with acceptance, which is how you feel about yourself. I've given you loads of space to really explore the ideas here and become a ninja at the 1-2-3 Knockout with Kindness. Use the space liberally and try to complete every area. Dig deep, and really think to find those hidden nasty things you say to yourself.

Take your time and do this exercise for yourself without judgment. It may hurt to dig up some of the painful things you say to yourself, and that's ok. Revealing old pain points is hard, but that's how you heal them. Do it because you deserve joy and love.

Remember, constructive thoughts aren't always affirmations, though they can be. Constructive thoughts are often "telling the truth in advance" and forming new thoughts we may not necessarily believe yet, but that we have a strong desire to adopt. Give it time and practice the new thoughts. They'll feel weird at first for sure.

	DESTRUCTIVE	INSTRUCTIVE	CONSTRUCTIVE
	The old destructive things you say to (or about) yourself, on your own or with others:	Your instructive coaching; what you gain and your "why" for redirecting (how the destructive is hurting, or the constructive is helping):	Your new constructive thought that pushes you toward the life you want:
Example #1:	I can't do this. I always fail.	I can do anything if I tell myself I can. This is hurting me, so I want to redirect.	I can do this. I am capable of succeeding.
Example #2:	I'm so ugly. Nobody would want me.	Everyone is loveable, and my looks are mine. Confidence is the sexiest thing there is, and I deserve to have it!	I'm beautiful inside and out, and other people are drawn to me for everything that makes me who I am.
Example #3:	I'm such a loser. I don't deserve a raise at work. They don't even see me.	I certainly won't get a raise if I don't advocate for myself, and I know I'm capable of taking my best shot. I need a good frame of mind first. Let's do it!	I am a winner. I deserve a raise at work, and I know they see me. I'm excited to build a case so I can advocate for me. I deserve it!



	DESTRUCTIVE	INSTRUCTIVE	CONSTRUCTIVE
Му			
appearance			
Му			
relationship			
My friendships			
My career			



	DESTRUCTIVE	INSTRUCTIVE	CONSTRUCTIVE
My finances			
My ambitions			
My interests			
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My success			

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	DESTRUCTIVE	INSTRUCTIVE	CONSTRUCTIVE
My worthiness			
My sex life			
My health			
My habits			
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### 1-2-3 KNOCKOUT — ACCEPTANCE

Like with kindness, it may hurt to dig up some of the painful things you feel about yourself, and that's ok. Revealing old pain points is hard, but that's how you heal them. You can do this!

Constructive thoughts aren't always affirmations, though they can be. Constructive thoughts are often "telling the truth in advance" and forming new thoughts we may not necessarily believe yet, but that we have a strong desire to adopt. Give it time and practice the new thoughts. It will feel less weird with time and practice.

Success tip: If you've just completed the kindness exercise, take a break before doing this part, otherwise your brain will be tempted to repeat it from the kindness perspective instead of acceptance, and you'll miss all that tasty growth and goodness!

	DESTRUCTIVE	INSTRUCTIVE	CONSTRUCTIVE
	The old destructive things you feel about yourself (hint: "I should be/do/have, I can't, I didn't, etc."):	Your instructive coaching; what you gain and your "why" for redirecting (how the destructive is hurting, or the constructive is helping):	Your new constructive thought that pushes you toward the life you want:
Example #1:	I should have gone for a Master's degree.	I made the choices I made, and I can love myself anyway. I choose love.	I did the best I could with what I knew at the time. My life turned out exactly as it should, and I love myself no matter what.
Example #2:	I need to lose 20 lbs. Then I'll look good, and then I can feel good about myself.	I can choose to love myself now, and I stand to gain more in life if I do. Let's do this!	I feel great about myself the way I am. If I lose weight, great. If I don't, great. My weight is no reflection of my value.
Example #3:	I wish I was more successful. I'm so ashamed.	Wishing isn't doing, and I can always change anything. I'm going to start with love, which is the most potent motivator. I've got this.	I can push myself if I choose to, and until now, I haven't wanted to, and that's ok! I love me just the way I am. If I choose to push, it's out of self-love and pride.



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	DESTRUCTIVE	INSTRUCTIVE	CONSTRUCTIVE
My worthiness			
My sex life			
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My health			
My habits			