

How to Love Yourself without Guilt, Shame, or Condemnation

30-Day Interactive Workbook/Journal



Prepared with Love by Kim Hamilton Mays

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A Body-Mind-Spirit and Soul Note:

Heads up! I am not a preacher and I'm not trying to challenge anyone's faith or beliefs. Throughout this workbook/journal, you will encounter references to God. You may even stumble upon a scripture or two. This book is not about religion, but an opportunity to freely explore spirituality. For some, that may include religion. For others it may not. Train this book to be YOUR personal road map. Not anyone else's ideas.

This workbook/journal is inspired by the self study course of the same name. If you desire to get the most out of your personal learning experience I suggest you follow the link below and purchase the course as well.

[Course: How to Love Yourself Without Guilt, Shame or Condemnation](#)

THE 30-DAY SELF-LOVE WORKBOOK

Love God. Love Your Neighbor. Love Yourself.

How to Practice Healthy Self-Love Without Becoming a Lover of Yourself

By Kim Hamilton Mays, RN, LLC

You Are Always Enough

WELCOME

What if loving yourself isn't selfish?

And what if constantly sacrificing yourself isn't necessarily love?

Many of us have been taught to live at one extreme or the other.

At one extreme is **self-neglect**:

“I'll take care of myself after everyone else is okay.”

At the other extreme is **self-absorption**:

“Everyone else needs to accommodate me.”

Healthy self-love lives between those extremes.

Healthy self-love says:

“I matter—and so do you.”

It allows you to care about yourself without making everything about yourself.

It allows you to establish boundaries without controlling other people.

It allows you to acknowledge your strengths without believing you're superior.

It allows you to recognize your weaknesses without believing you're worthless.

And it allows you to serve others without disappearing in the process.

Over the next 30 days, you will practice five priority self-love behaviors:

1. **Speak to Yourself Like Someone You Love**
2. **Set Boundaries Without Excessive Guilt**
3. **Care for Your Body**
4. **Release the Need for Everyone's Approval**
5. **Strengthen Your Relationship with God**

This isn't a 30-day journey toward becoming more self-centered.

It's a journey toward becoming more **self-aware, self-respecting, self-compassionate, emotionally healthy, spiritually grounded, and capable of loving others from abundance rather than depletion.**

Let's begin.

HOW TO USE THIS WORKBOOK

Set aside approximately **10–20 minutes each day.**

You don't need perfect answers.

You don't need perfect handwriting.

And you definitely don't need to turn a self-love workbook into another opportunity to criticize yourself.

Each day includes some combination of:

REFLECT: Examine what you currently believe.

RECOGNIZE: Identify patterns operating beneath your behavior.

REFRAME: Challenge beliefs that no longer serve you.

RESPOND: Choose a healthier behavior.

PRACTICE: Take one small action.

PRAY: Bring what you're learning into your relationship with God, or Higher Power.

At the end of each week, you'll evaluate what you're learning and decide what needs more attention.

PART ONE

BEFORE YOU BEGIN

SELF-LOVE VS. SELF-ABSORPTION ASSESSMENT

Rate each statement:

1 = Almost Never

2 = Rarely

3 = Sometimes

4 = Often

5 = Almost Always

Healthy Self-Love

- ___ 1. I treat myself compassionately when I make mistakes.
- ___ 2. I recognize my needs without believing they are more important than everyone else's.
- ___ 3. I can establish boundaries without trying to control other people.
- ___ 4. I take responsibility when my behavior hurts someone.
- ___ 5. I can receive constructive feedback.
- ___ 6. I care for my physical health.
- ___ 7. I allow myself reasonable rest.
- ___ 8. I can say no when necessary.
- ___ 9. I respect other people's right to say no to me.
- ___ 10. I can celebrate someone else's success without diminishing my own worth.
- ___ 11. I recognize my worth apart from performance.
- ___ 12. I forgive myself while still holding myself accountable.
- ___ 13. I can disagree with someone without devaluing them.
- ___ 14. I can tolerate another person's disappointment.
- ___ 15. My relationship with God strengthens my sense of worth.

HEALTHY SELF-LOVE SCORE: _____ / 75

Self-Absorption

- ___ 1. I expect other people to accommodate me.
- ___ 2. I become angry when people establish boundaries with me.

- ___ 3. I believe protecting my peace means avoiding accountability.
- ___ 4. I have difficulty admitting when I'm wrong.
- ___ 5. I believe my feelings should determine what everyone else does.
- ___ 6. I expect grace. I sometimes refuse to give to others.
- ___ 7. I interpret disagreement as disrespect.
- ___ 8. I believe loving myself means always putting myself first.
- ___ 9. I sometimes use "boundaries" to punish or control people.
- ___ 10. I struggle celebrating people whose success makes me feel insecure.

SELF-ABSORPTION SCORE: _____ / 50

Important Reflection

These scores are not diagnoses.

They're mirrors.

Ask:

Where am I neglecting myself?

Where might I be overcorrecting by making everything about myself?

Where am I already demonstrating healthy self-love?

SCRIPTURE ASSESSMENT

“LOVE YOUR NEIGHBOR AS YOURSELF”

Read **Matthew 22:37–39** and **Mark 12:30–31** in your preferred Bible translation.

Jesus' teaching brings together three relationships:

Love God.

Love your neighbor.

Love yourself.

Notice that “yourself” is included in the standard used to describe love for your neighbor.

The instruction isn't:

Love your neighbor instead of yourself.

Nor is it:

Love yourself instead of your neighbor.

Healthy love makes room for both.

Reflect

What does “love your neighbor as yourself” currently mean to me?

Do I find it easier to love others or myself?

Have I ever confused self-neglect with spirituality?

Have I ever used “self-love” to justify behavior that disregarded someone else?

Prayer

God, teach me to understand love beyond fear, guilt, pride, performance, and approval. Help me receive Your love, extend healthy love toward myself, and give that love freely to others. Give me wisdom to know the difference between self-love and self-centeredness, sacrifice and self-abandonment, boundaries and control. Amen.

WEEK ONE

SPEAK TO YOURSELF LIKE SOMEONE YOU LOVE

Theme:

Self-Compassion Without Avoiding Accountability

DAY 1 — LISTEN TO YOUR INNER VOICE

Today, don't try to change anything.

Listen.

Notice what you say to yourself when something goes wrong.

Journal

Today I criticized myself for:

The exact words I used were:

Would I say those words to someone I deeply love?

- ☐ Yes
- ☐ No

WHAT TO DO

Observe your internal dialogue.

HOW TO DO IT

Catch one self-critical statement and write it down.

WHY IT WORKS

You cannot intentionally change a thought pattern you haven't learned to recognize.

TODAY'S PRACTICE

Notice before correcting.

DAY 2 — SEPARATE BEHAVIOR FROM IDENTITY

There's an enormous difference between:

“I failed.”

and

“I'm a failure.”

One describes an event.

The other defines a person.

Journal

A mistake I still use against myself:

What happened?

What have I decided that event means about me?

REFRAME

What happened: _____

What I made it mean: _____

A more compassionate truth: _____

DAY 3 — TALK TO YOURSELF LIKE A FRIEND

Think about someone you deeply love.

Name: _____

Imagine that person made the exact mistake you're criticizing yourself for.

What would you say?

Now say it to yourself:

SELF-COMPASSION STATEMENT

“I can acknowledge what happened without attacking who I am.”

DAY 4 — RELEASE THE PERFECTION REQUIREMENT

Complete:

I'll finally feel good enough when:

I'll respect myself more when:

I'll love myself more when:

Challenge the Belief

What if none of those things happened?

Would you become less human?

Less deserving of dignity?

Less worthy of compassion?

TODAY'S PRACTICE

Do one thing **well enough** instead of perfectly.

What will it be?

DAY 5 — PRACTICE HEALTHY ACCOUNTABILITY

Self-love doesn't say:

“I didn't do anything wrong.”

Healthy self-love says:

“I can be wrong without becoming worthless.”

Journal

Something I need to take responsibility for:

Do I need to:

- ☐ Apologize
- ☐ Correct something
- ☐ Change a behavior
- ☐ Forgive myself
- ☐ Learn from it
- ☐ Let it go

My next step:

DAY 6 — WRITE YOUR NEW INNER SCRIPT

Old statement:

New compassionate statement:

Old statement:

New compassionate statement:

DAILY DECLARATION

I do not have to bully myself into becoming better.

DAY 7 — WEEKLY CHECK-IN

This week I noticed:

My most common self-critical thought was:

I responded differently by:

Rate This Week

Self-compassion: ____ /10

Ability to forgive myself: ____ /10

Ability to accept mistakes: ____ /10

Prayer Reflection

God, where am I being invited to give myself more grace without avoiding responsibility?

WEEK TWO

SET BOUNDARIES WITHOUT EXCESSIVE GUILT

Theme:

I Can Love You Without Abandoning Me

DAY 8 — FIND THE RESENTMENT

Resentment can sometimes reveal a boundary that has been repeatedly ignored.

Where am I saying yes while internally screaming no?

Who receives more of my time or energy than I genuinely have available?

What am I afraid will happen if I stop?

DAY 9 — IDENTIFY THE FEAR BENEATH YES

I said yes because I feared:

- ☐ Rejection
- ☐ Conflict
- ☐ Disappointment
- ☐ Looking selfish
- ☐ Being misunderstood
- ☐ Losing the relationship
- ☐ Feeling guilty
- ☐ Other: _____

Reflection

What did my yes cost me?

DAY 10 — USE THE PAUSE

Your new sentence:

“Let me think about that and get back to you.”

No immediate yes.

No five-paragraph explanation.

No imaginary courtroom where you have to prove you're a good person.

TODAY'S CHALLENGE

Pause before answering one request.

What happened?

How did the pause feel?

DAY 11 — WRITE THE BOUNDARY

Someone I need a boundary with:

The behavior:

What I need:

Boundary Statement

“I care about you, and I am no longer able to

_____.”

Or:

“When _____ happens, I will _____.”

DAY 12 — LET PEOPLE BE DISAPPOINTED

Someone can be disappointed in your decision without your decision being wrong.

Journal

Whose disappointment is hardest for me to tolerate?

Why?

What am I tempted to do when they're unhappy?

TODAY'S DECLARATION

Their feelings matter. And my needs matter, too.

DAY 13 — RESPECT THEIR BOUNDARIES TOO

Healthy boundaries go both directions.

Think about a time someone told you no.

How did you react?

Did you:

- ☐ Respect it
- ☐ Pressure them
- ☐ Guilt them
- ☐ Withdraw affection
- ☐ Take it personally
- ☐ Accept it graciously

Reflection

If I want my boundaries respected, how can I become better at respecting theirs?

DAY 14 — WEEKLY CHECK-IN

The boundary I'm proudest of:

The boundary I still need:

My guilt level at the beginning of the week: ____ /10

My guilt level today: ____ /10

Prayer

God, help me love others without controlling them, rescuing them, or abandoning myself for them. Give me wisdom to know when to give, when to rest, when to help, and when to say no. Amen.

WEEK THREE

CARE FOR YOUR BODY

Theme:

Self-Love Becomes Stewardship

DAY 15 — LISTEN TO YOUR BODY

Your body communicates.

Are you listening?

Today my body feels:

- ☐ Rested
- ☐ Exhausted
- ☐ Tense
- ☐ Energized
- ☐ Hungry
- ☐ Overstimulated
- ☐ Calm
- ☐ Achy
- ☐ Strong
- ☐ Other: _____

What might my body be asking for?

DAY 16 — REST WITHOUT EARNING IT

Do you believe rest must be earned?

- ☐ Yes
- ☐ Sometimes
- ☐ No

I usually allow myself to rest after:

Reflection

What would change if I viewed appropriate rest as maintenance rather than reward?

TODAY'S PRACTICE

Take **15–30 intentional minutes** to rest without turning it into another productivity project.

DAY 17 — NOURISHMENT

Today, ask:

“What can I give my body rather than what can I deny my body?”

One nourishing choice I can make today:

Why does this choice matter to me?

DAY 18 — MOVE FROM RESPECT, NOT PUNISHMENT

Movement doesn't have to be punishment for what you ate.

Choose:

- ☐ Walking
- ☐ Stretching
- ☐ Dancing
- ☐ Strength training
- ☐ Cycling

- ☐ Swimming
- ☐ Other: _____

Today I will move for _____ minutes.

Reflection

How does movement feel different when its purpose is caring for my body rather than criticizing it?

DAY 19 — MANAGE STRESS BEFORE IT MANAGES YOU

My biggest current stressor:

Where do I feel stress physically?

What is within my control?

What isn't?

One healthy response I can choose:

DAY 20 — MAKE HEALTH AN ACT OF LOVE

One health behavior I've been neglecting:

Why?

What's one realistic action?

Remember

Self-love isn't doing everything perfectly.

Sometimes it's making an appointment.

Drinking the water.

Going to bed.

Taking a walk.

Eating the meal.

Asking for help.

DAY 21 — WEEKLY CHECK-IN

This week my body taught me:

I felt most cared for when:

My physical self-care rating: ____ /10

My stress-management rating: ____ /10

My rest rating: ____ /10

Prayer Reflection

How can caring for my body become an expression of gratitude rather than appearance, punishment, fear, or perfection?

WEEK FOUR

RELEASE THE NEED FOR EVERYONE'S APPROVAL

Theme:

I Can Be Disliked Without Becoming Unworthy

DAY 22 — IDENTIFY YOUR APPROVAL SOURCE

Whose approval matters too much?

What do I want them to believe about me?

What am I afraid it means if they don't?

DAY 23 — PRACTICE DISAGREEMENT

Finish:

Someone can disagree with me and I can still be:

- ☐ Worthy
- ☐ Safe
- ☐ Kind
- ☐ Intelligent
- ☐ Loved
- ☐ A good person

TODAY'S PRACTICE

Express one respectful preference without apologizing for having one.

What happened?

DAY 24 — STOP OVEREXPLAINING

Today, notice when you start building a legal defense for a perfectly reasonable decision.

Practice:

“That doesn't work for me.”

“I've decided not to.”

“Thank you, but I'll pass.”

Journal

What makes a simple answer uncomfortable for me?

DAY 25 — ALLOW MISUNDERSTANDING

You can explain yourself clearly and still be misunderstood.

Reflection

What do I desperately want someone to understand about me?

Have I communicated it reasonably?

- ☐ Yes
- ☐ No

If yes:

What might happen if I stopped trying to control their interpretation?

DAY 26 — CHOOSE INTEGRITY OVER APPROVAL

A decision I would make differently if nobody's opinion mattered:

Why?

Does this decision reflect my values?

- ☐ Yes
- ☐ No
- ☐ I need more discernment

What would integrity ask me to do?

DAY 27 — CELEBRATE YOURSELF WITHOUT COMPARISON

Something I am proud of:

Something I've overcome:

Something I'm learning:

Something I appreciate about myself:

Someone else's success does not mean:

DECLARATION

There is room for their success and mine.

DAY 28 — WEEKLY CHECK-IN

Whose approval has less power over me?

Where am I still seeking validation?

My approval dependence this week: ____ /10

My confidence in my own decisions: ____ /10

Prayer

God, help me value wise counsel without becoming controlled by human approval. Give me discernment to receive correction when I need it and courage to remain grounded when someone simply doesn't agree with me. Amen.

DAYS 29–30

STRENGTHEN YOUR RELATIONSHIP WITH GOD

Theme:

Living From Love Instead of Performing for Love

DAY 29 — WHAT DO I BELIEVE ABOUT GOD'S LOVE?

Complete honestly:

I believe God loves me most when I:

I worry God is disappointed when I:

When I fail, I imagine God:

When I succeed, I imagine God:

Reflection

Are my beliefs about God producing:

- ☐ Love
- ☐ Peace
- ☐ Trust
- ☐ Growth

or primarily:

- ☐ Fear
- ☐ Shame
- ☐ Condemnation
- ☐ Performance

Where did these beliefs originate?

Scripture Reflection

Read **Romans 8:38–39**.

What does this passage challenge me to reconsider?

DAY 30

LOVE GOD. LOVE YOUR NEIGHBOR. LOVE YOURSELF.

You've spent 30 days examining how you speak to yourself, establish boundaries, care for your body, handle approval, and understand God's love.

Now bring everything together.

THREE-DIRECTION LOVE

LOVE GOD

One way I want to deepen my relationship with God:

LOVE MY NEIGHBOR

One way I want to become more loving toward others:

LOVE MYSELF

One way I will stop abandoning myself:

The Question I'll Carry Forward

“Does this choice honor God, respect others, and respect me?”

AFTER-ASSESSMENT

Return to the original Healthy Self-Love Assessment and complete it again.

BEFORE SCORE: _____ /75

AFTER SCORE: _____ /75

CHANGE: _____

Now compare your answers.

Where did I experience the greatest growth?

What still needs attention?

What surprised me?

30-DAY REFLECTION

WHAT HAS CHANGED IN ME?

Before this journey, I believed self-love was:

Now I believe:

The biggest lie I released:

The most important truth I discovered:

My relationship with myself changed because:

My relationships with others changed because:

My relationship with God changed because:

The behavior I most want to continue:

MY DAILY SELF-LOVE HABIT TRACKER

Use this tracker during the challenge or repeat it for future months.

Day	Compassionate Self-Talk	Healthy Boundary	Body Care	Released Approval	Time With God
1	☐	☐	☐	☐	☐
2	☐	☐	☐	☐	☐
3	☐	☐	☐	☐	☐
4	☐	☐	☐	☐	☐
5	☐	☐	☐	☐	☐

6	☐	☐	☐	☐	☐
7	☐	☐	☐	☐	☐
8	☐	☐	☐	☐	☐
9	☐	☐	☐	☐	☐
10	☐	☐	☐	☐	☐
11	☐	☐	☐	☐	☐
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19	☐	☐	☐	☐	☐
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25	☐	☐	☐	☐	☐
26	☐	☐	☐	☐	☐
27	☐	☐	☐	☐	☐
28	☐	☐	☐	☐	☐

29	☐	☐	☐	☐	☐
30	☐	☐	☐	☐	☐

MY SELF-LOVE EMERGENCY PLAN

When I feel:

**Rejected, criticized, ashamed, overwhelmed, guilty, inadequate, or
“not enough”...**

I will:

1. STOP

What happened?

2. NOTICE

What am I feeling?

3. IDENTIFY

What story am I telling myself?

4. QUESTION

Is this:

- ☐ Fact
- ☐ Fear
- ☐ Assumption

- ☐ Old conditioning
- ☐ Someone else's opinion

5. RESPOND COMPASSIONATELY

What would I say to someone I love?

6. CHOOSE INTENTIONALLY

What is the healthiest next action?

7. RELEASE

What do I need to place in God's hands?

MY PERSONAL SELF-LOVE COMMITMENT

Today, I made a commitment to myself.

I will not confuse **self-love with selfishness.**

I will not confuse **self-neglect with goodness.**

I will not confuse **boundaries with rejection.**

I will not confuse **disagreement with abandonment.**

I will not confuse **mistakes with identity.**

I will not confuse **achievement with worth.**

I will not confuse **other people's approval with God's love.**

I will not use self-love as permission to disregard other people.

I will practice compassion while accepting accountability.

I will establish boundaries while respecting the boundaries of others.

I will care for my body without demanding perfection from it.

I will value myself without believing I am more valuable than someone else.

I will serve others without disappearing.

I will give without constantly depleting myself.

I will rest without believing I must first earn the right to stop.

I will allow myself to grow without hating the person I am today.

And when I forget, I will begin again.

Not next month.

Not Monday.

Not after I've gotten myself together.

Right where I am.

Signed: _____

Date: _____

MY PERSONAL SELF-LOVE CREED

I matter.

And so do you.

My needs matter.

And so do yours.

My feelings deserve consideration.

And so do yours.

My boundaries deserve respect.

And so do yours.

I can love you without rescuing you.

I can help you without controlling you.

I can disagree with you without devaluing you.

I can disappoint you without automatically believing I've done something wrong.

I can make mistakes without becoming my mistakes.

I can correct myself without condemning myself.

I can grow without rejecting who I am today.

I can care for myself without worshiping myself.

I can serve others without sacrificing my entire identity.

I don't have to become smaller so someone else can feel bigger.

And I don't have to make someone else smaller so I can feel bigger.

There is room for both of us.

FINAL FAITH REFLECTION

“Love your neighbor as yourself.”

After completing this workbook, what does this teaching mean to me now?

How can I love God more authentically?

How can I love other people more freely?

How can I love myself more responsibly?

What am I being invited to release?

What am I being invited to embrace?

CLOSING PRAYER

God,

Thank You for the life You have entrusted to me.

Teach me to care for myself without becoming consumed with myself.

Teach me to serve without disappearing.

Give me compassion without enabling, boundaries without bitterness, confidence without arrogance, humility without self-rejection, and generosity without self-abandonment.

Help me recognize when fear is masquerading as love.

Help me recognize when guilt is controlling my decisions.

Help me release the need to earn worth through perfection, performance, approval, sacrifice, or achievement.

Teach me to see myself with grace.

Teach me to see others with grace.

And when I fail, remind me that growth doesn't require condemnation.

It requires awareness, honesty, courage, compassion, correction, and another opportunity to choose differently.

Help me live from love instead of performing for it.

Amen.

ONE FINAL QUESTION

Thirty days ago, you started this journey asking:

“How do I love myself without becoming selfish?”

Perhaps the better question now is:

“How can I love myself so well that I no longer need to use other people to prove that I am lovable?”

Healthy self-love doesn't make you the center of the universe.

It helps you stop requiring the universe to convince you that you matter.

You can value yourself without devaluing anyone else.

You can protect yourself without controlling anyone else.

You can forgive yourself without avoiding accountability.

You can care for yourself and still be generous.

You can say no and still be loving.

You can serve without disappearing.

And you can make mistakes without surrendering your dignity.

Because the goal was never:

ME instead of YOU.

And it was never:

YOU instead of ME.

The goal is learning to live from a healthier understanding of love:

LOVE GOD.

LOVE YOUR NEIGHBOR.

LOVE YOURSELF.

And learn how to do all three without losing yourself in the process.

You Are Always Enough.

**If You are interested in exploring the course that supports this journal,
explore your opportunity through the link or QR Code Below**

JOURNAL

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