



CBT LOOKBOOK

a visual guide



WHOLE HEARTED LIFE

There are 4 steps to living a whole-hearted life. They are your formula to stay present and remind you to stay grounded.

They will also help you make better decisions and stay focused on your values.

They are:

1. SELF AWARENESS
2. ACCEPTANCE
3. SELF COMPASSION
4. GRATITUDE

*the habits you created to survive
will no longer serve you when it's
time to thrive.*

EBONEE DAVIS



01 . SELF AWARENESS

Knowing when your driving yourself from bad to worse, identifying the physical signs of anxiety, and being able to observe your thoughts are all building your self-awareness.

Once you can master self-awareness, it empowers us to manage our anxiety and emotions better.

- *Listening to your body - physiology*
- *Meditation*
- *Slowing down*
- *Shifting exercise + Journal*

02

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ACCEPTANCE

When you are aware of the present moment, you are more likely to realize and accept your current situation. Acceptance of reality doesn't mean things won't change.

This includes accepting your health, family relationships, and finances. Accepting is the only way to change the current state.

I needed to accept how harmful my perfectionism and my relationship with my family.

- *Letting go of control*
- *Practicing trust*
- *Act than Feel*
- *New Earth book*
- *Set realistic goals & timelines*



03 .

SELF COMPASSION

Self compassion is being strong, having emotional intelligence, being open & good at communicating, being able to ask for help, and believing in yourself.

These qualities are the ultimate expression of self-love. It is the opposite of perfectionism.

- *Look to prove yourself wrong & break the stories*
- *Use the triangle to change your state*
- *Make the shift, what is the purpose?*
- *Changing the language*
- *Remind yourself of your values*
- *Move towards your goals, not procrastinating*
- *Don't major in minor things*



04 .

GRATITUDE

We have to remind ourselves of our accomplishments in order to feel empowered for the future.

Showing gratitude not only honors our journey but also helps us shift to a better state of mind.

- *Power Questions*
- *Power of Momentum exercise*
- *Letter to Self*
- *Being kind*
- *Expressing gratitude and creating space for lessons learned when there are mistakes*

*the old life. is an old life. one you have
already lived. one you do not have to
keep living. you are too wondrous. for
one life*

NAYYIRAH WAHEED