



# *Self-compassion*

**A Five Senses Approach Workbook**

**By Dr Erin Bowe**

# Want to burn bright instead of burn out?

What you focus on, you get more of. In this mini workbook you get to (notice that, **GET TO** not have to), take an eagle eye focus on what you **DO** want.

When you spend all day giving your energy and compassion for others, the last person you tend to have compassion for is yourself. Rest is an act of rebellion for many womxn. Instead of getting stuck in **DOING** more, posting X times a day on social media, feeling not **ENOUGH** and comparing yourself with other leaders, what if you could lead by resting? By keeping your cup so full that anyone would be lucky just to be in your splash zone of joy and abundance?

What if instead of asking “why am I so tired?”, “how am I going to keep doing this work?” you asked “what are my five senses telling me to do to get more energy?” and “does this ignite my fire or put out my flame?”

The mind doesn't really have a clue what's real and what's imagined. If you flood your senses with the vision that you want, and condition your brain to **ACT AS IF** it is already true, something magical happens. You make new neural pathways, create new habits, and a brand new reality for yourself.

*Dr Erin X*

# See the vision

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In as much detail as possible, sit and imagine the following scenario. If you were fully topped up (emotionally, physically, spiritually) AND you felt compassionate, energised and standing in your full, unapologetic power...

What would your life look like?

How would your voice sound?

How would you stand and move your body through the world?

How would you spend your days and nights?

What darlings would you kill? (projects, relationships, or other activities that don't serve you?)

# See the vision

Note- some people struggle with this, so maybe try a different tactic. Imagine you are an old, old woman (you choose the age). You are on your death bed. Surrounding you are all your loved ones and they are asking you, as your final words of wisdom “what was your life like?”, “What are you grateful for?” And for the super practical among you – “what do you want us to put on the tomb stone?”

Is it going to be: “I’m so glad I spent all that time keeping a neat house”, or “I’m so glad I spent all that time worrying what everyone thought of me” or “I’m so grateful to add to the legacy of mavens for martyrdom”



# Hope is a doing word

You can't just hope things will be different. You need to do something. So what's your doing word going to be? Give your vision a verb to use as an anchor and a reminder. Buy a bracelet, get a tattoo, put it on your lock screen of your phone...just do something with it where you'll see it every day.

Growth  
Defiant  
Resilience  
Strength  
Persistence  
Rebellion  
Authenticity

# Hear your own truth

Affirmations which resonate in your body and that you actually believe in on a cellular level will go straight to your subconscious. This creates powerful shifts in the way you view your reality. It's not just wu-wu, call them coping statements if you prefer.

The trick is not trying to force them to fit or saying it with an empty heart. Write yourself love notes on post-it notes, look at yourself in the mirror as you say them and record yourself saying them in your voice memos on your phone.

I create my own reality. If I don't like it, I can change it.

Every day, in every way, I am getting \_\_\_\_\_  
(stronger/ smarter/more aware)

I find joy in my work in \_\_\_\_\_ (seeing new life/watching transformation/healing/soothing) and this reminds me why this is my soul work

Even though I'm feeling overwhelmed with \_\_\_\_\_, I choose to love and accept myself

I am responsible for my own joy and happiness

Even though it's deeply uncomfortable, every time I choose to work on my discomfort I'm becoming \_\_\_\_\_  
(stronger/more aware/a better version of myself)

When I look in the mirror, I see \_\_\_\_\_ (a rebel rising/a healer/an advocate/a dope, woke MF...)

# Feel it in your cells

When I first learned the Emotional Freedom Technique or 'tapping' (EFT) more than ten years ago it was considered left field. I allowed a mentor of mine to have me believe it was stupid and a waste of time. Now it's suddenly cool and there's even research to back it up. I don't have that mentor anymore! Tap into your vision. Quite literally.

Tapping is like psychological acupressure, or acupuncture without the needles. It combines ancient wisdom from Traditional Chinese Medicine with affirmations/mantras/coping statements or whatever you want to call them. Just about every approach in psychology uses some form of positive, self-affirming statement to change old beliefs and instill confidence and mastery.

Go to YouTube and teach yourself about the routine, then add in your affirmations with the practice.

Brad Yates has hundreds of videos

<https://www.youtube.com/user/eftwizard>

And Gala Darling does a weekly tap in with her High Vibe Honey videos on YouTube

<https://www.youtube.com/channel/UCT84ANHs5N3eGWPAX2Sg8ZA>

# Smell your way to oxytocin

I'm serious. Put a smell to your vision. Smell is the strongest sense association with memory that we have, yet it's so often overlooked! Think about how often smell is associated with emotion in phrases like "the sweet smell of success", or "they can smell your fear".

We now have the MRI research to demonstrate that when a new parent inhales that newborn baby smell, their brain lights up with pleasure in a way that nothing else can. Even if you've had a c-section and all the drugs, and don't really feel anything, your brain will still light up. Smell is powerful!!!!

What does your vision smell like?

What does strength, happiness, success or serenity smell like?

Now how will you actualize it?

Wearing the same perfume as someone you admire every day?

The market for celebrity fragrances is huge

Planting jasmine or roses at your front door that you'll walk past every day?

Choosing an essential oil to work with when you are doing your self work?

# Success tastes sweet

In the best version of yourself, what do you imagine yourself eating and drinking? I bet you it's not fantasizing about sipping liquid breakfast cereal through a straw because you're too busy to stop and eat.

Go back to your word. What do you imagine "successful" or "rich" or "rebellious" womxn eat every day? There's no rules. Maybe it's chia and hemp seeds in a smoothie, but maybe it's not. Maybe you have a food memory of your Grandma and her calm, loving energy as she made you strawberry jam on a white bread sandwich?

My mate and food writer of 25 years, Tracey Pattison talks about how being conscious in our choices is deeply connected to readdressing patriarchal and capitalist imbalances. Food and flavours can be a way of returning to 'home' whatever that looks like for each of us when it comes to nourishing our souls.

Find a drink, treat or flavour you don't usually consume and pair it with your vision work. Only bring it out when you're activating intent and before you know it, your brain will create new neural pathways and associations. Think Pavlov's dog experiment but less cruel and more fun.

# connect with me



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**Podcast**  
Birth Trauma Training  
for Birth Workers

## Coaching

**I ignite womxn to burn bright instead of burn out. Helping the helper and healing the healers is my soul passion! If you are ready to dive in 1:1, I'm here**

**Contact me!**