

Love Yourself, Heal Your Life®

Reflection Worksheet: The Thought Cycle & Four Ways to Love Yourself

A gentle 15-minute practice for attendees of the 2-Hour Introductory Workshop. Use this sheet to notice one pattern with curiosity, then choose a kinder response.

Name: _____

Date: _____

1. The Thought Cycle

Louise Hay invites us to notice how a thought can shape a feeling, a behaviour, and a result. Pick one recent moment — nothing too big — and trace it through the cycle.

A situation that triggered me	The thought I had
The feeling that arose	The behaviour I noticed
The result it created	A new thought I choose

Awareness quote: "The point of power is always in the present moment." — Louise Hay

2. Four Ways to Love Yourself

These four invitations are adapted from the self-love practices explored in Louise Hay's published work. For each one, write one recent example and a small shift you are willing to try.

Stop Criticising Yourself

One way I criticised myself this week:	A kinder phrase I can use instead:
--	------------------------------------

Stop Overthinking

One thing I have been overthinking:	One small action I can take today:
-------------------------------------	------------------------------------

Stop Complaining

One complaint I noticed myself making:	A gratitude I can replace it with:
--	------------------------------------

Stop Comparing

One comparison I made recently:	One truth about my own journey:
---------------------------------	---------------------------------

Closing intention: What is one gentle thing I can say to myself when I notice this pattern again?

--

Love Yourself, Heal Your Life® and Heal Your Life® are registered trademarks of Hay House, Inc. This worksheet is for the personal use of workshop attendees and is not a reproduction of licensed curriculum.

Facilitated by Kishore Bhogale, Certified Heal Your Life® Workshop Leader. This is an educational personal-development resource, not psychotherapy or medical advice.