



# ARDOUR

Wellness

HEALING & HEALTH



## Easing The Load Of Chronic Health

WITH MONIQUE GIBSON

## WEEK 1

SELF-COMPASSION

## WORK BOOK

[www.ardourwellness.com](http://www.ardourwellness.com)



**FIND HEALTH.  
FIND HAPPINESS.  
FIND PASSION.**





# Welcome!

So excited that you have registered for this pilot program. This program is all about using coaching techniques and mindset strategy for working with chronic health conditions. Your input and feedback is just as important as the content within the program.

This weeks module is all about self-compassion. Learning to become your own support system and how to treat yourself as you would a friend in your moments of struggle. It is about exploring why you are in this program and what are your biggest whys.

It is important to take these workbooks seriously and answer your questions truthfully. The more willing you are to get to the heart of the matter, the more progress you will see. If you stick to staying on the surface and not diving in deep, you will not get down to what is really holding you back right now.

It is likely that you will shed some tears this week but I assure you tears mean you are on the right track, do not be afraid of them. A strong emotional response means you are getting to the heart of things and that is where the biggest breakthroughs lie.

Much love and compassion to you and let's dive right into it!

*Monique Gibson*







- \* Why have you decided to take this program? Why are you here? What are the big reasons? What do you need to connect to to help you stay accountable in this course? What do you want to create in your life?

- \* Go even deeper, what will this really help you create what you want? Why do you want what you just wrote above? Keep going even deeper until you get to the real reason. The first reason is never the real one, it is just the surface one. Keep asking yourself, is that the real reason or is there something deeper?



\* What do is the differenece between self-compassion and self-pity?

\* Up until this point, do you think you have been living more from; self-compassion or self-pity? Does it need to change?

\* How can having more self compassion help you deal with your health?

\* Pause, take a moment to step outside of yourself and reflect, place your hand on your heart, "wow, this is really difficult for me right now". Ask yourself what you can do to help right now, what do you need to hear right now? Listen in for an answer and list what response you get.





\* How are you going to flip your internal dialog to have more self-compassion?

\* Do you think you have been kind to yourself throughout your health journey? Why?

\* What kind of things have you been saying to yourself regarding your health?





- \* If you from 10 years time was to come to you. They have achieved everything you have wanted to achieve and more. They are living within the life that you are working towards. They have really learnt to embody self-compassion to best serve them in their life. They are hear to give you words of kindness and encouragement because they know, right now, you are not your greatest friend. What kind of things would they say to you? How would they support you? How would they encourage you? What message are they here to give you? Write yourself a letter from that version of yourself.

**IT IS THE CHALLENGE  
TO DO BETTER THAT  
WILL KEEP ME FROM  
STAYING DOWN**





