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# Circling Back to The Real Self



By: Elle Antoinette



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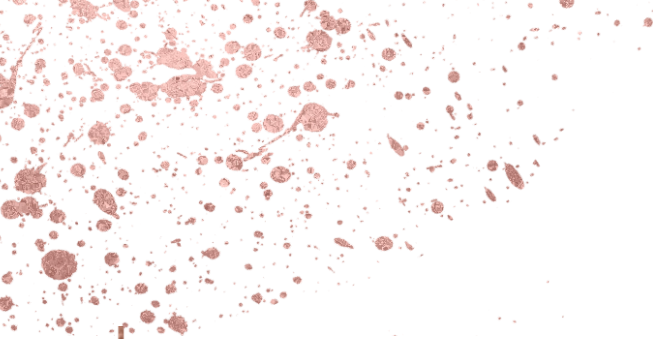




# *Time:*

DO YOU NEED  
MORE OF IT or  
IS THERE  
EXACTLY  
JUST  
ENOUGH?

Women have come a long way from the early to mid 20th century. More attributes have been added to our personalities. We've always been strong but now we are more financially independent, juggling more responsibilities and other domestic duties these days. Women are educated, climbing the corporate ladder, building businesses, rearing children, and at the same time, still gentle, loving and nurturing. The working woman has more responsibilities to handle along with domestic chores. Every day is like a new challenge. Managing as a woman in this world can be very difficult and in this case, time for women becomes imperative. The practice of intentionality with your time along with enough effort has the potential to help solve challenges that we as women face daily.



It is essential that every woman prioritizes work every day while balancing home and work life. I know you're already rolling your eyes like I am preaching to the choir and asking, "So, how do I make or get more time?"

It all begins with your perception of the concept of time. Let's start with this. Time is like an arrow. It simply moves forward, no matter what we do.

Sixty seconds is a minute and sixty minutes equals an hour. An hour is less than five percent of a twenty-four-hour day. Imagine if we accounted for each minute of every day as if it were our last. Imagine if we made a clear decision to make sure the every second was spent being the best version of ourselves. This is all very possible by changing the narrative in your mind of how you view time.

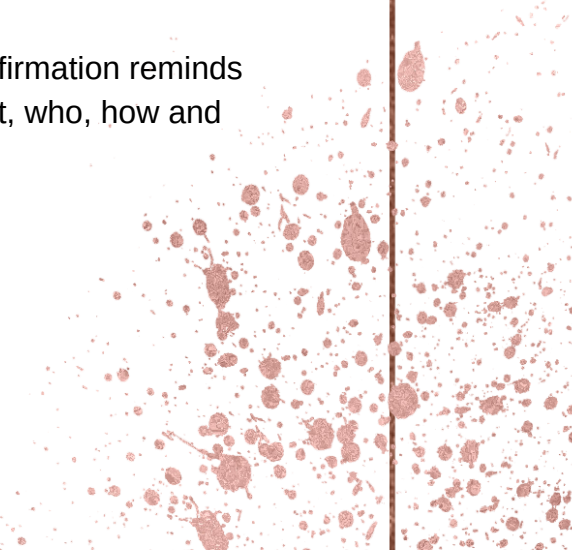
Here are a **FEW** affirmations to help with your perspective on time:

"Everyday holds many unique blessings for me to embody, experience, and explore. (**Lamentations 3:22-23 AMP**)

This affirmation reminds us that each day (24 hours) has so much to offer, becoming intentional about our time makes appreciate each encounter and experience of the day.

I have time for everything that is important to me. (**Ecc 3:1 AMP**)  
This affirmation reminds us that there is a time for everything and we are fully capable of prioritizing things, events and people in order of importance to us.

"I am a great steward of my time"(**Col 4:5 AMP**) This affirmation reminds us we are in charge of utilizing divine wisdom on what, who, how and where we spend our time.





Affirmations in the morning assist with commanding your day. Over the next 21 days, look in the mirror and repeat these affirmations aloud during your morning routine. Don't just say the words. Internalize them. Your thoughts have influence over your feelings and your feelings impact your behavior. Internalizing the concepts can create change in the way you view and approach time. We all get the same 1,440 minutes in a day. Once those minutes are up, they are gone forever. **YOU ARE YOUR BIGGEST INVESTMENT!** Realizing this will have you using every minute of everyday to become your best self.

Now that we have started shifting our mindset about time by changing our language, here are a few time tips to help us in our quest of circling back to our best SELF:

**1. Become an early riser:**

I know, I know who wants to get up early in the morning? I was not a fan initially. The benefit of rising early is that you get ample of time to contemplate how you will begin the day, establish your priorities and work at completing them. Set aside yesterday's thoughts and feelings. Start fresh by structuring what's priority for the day. This practice will be helpful in having more time to think or give yourself the extra care you need to execute the tasks of each day. To assist with better clarity and energy, you can start with morning walks, meditation or prayer.

**2. Pre-planning:**

Extra time allows you to plan for the present day, while you are refreshed from a good night's rest. Pre-plan the day's meals and the clothes you will wear. Pre-arrange everything so that you are not caught up in last moment decisions, which lead to wasted time. We have already established that we have no desire to waste anymore of our precious time. Pre-planning will effectively manage your time and what's leftover can be given to something more critical.

### 3. **Prioritize procrastination:**

Procrastination happens when you choose to complete a task that is less significant over tasks of greater importance. It hampers the self- management process. Last minute task completion is often the the most stressful and takes away the whole value and meaning of time. Aim to align all work according to significance. Do not avoid difficult or stressful tasks. When completing a major task, be sure to schedule breaks for yourself. A great example of this would be if it takes me three hours to write a paper, I am going to allot myself a 30 minute break. That break can be split up or taken at once, depending on how you feel. During those breaks, do something just for you. Procrastination that is not prioritized brings about the arrogant assumption that you have an abundance of time to complete your tasks.

### 4. **Start saying no:**

You may come across situations where a colleague asks for your help with an assignment they've been working on. However, you are tangled up with your own projects and assignments. By helping them with it, you're doing yourself a disservice. Even outside of work, do not make it a habit to commit to help others, when the current demands in your life do not permit you to do so. As humans, we make the mistake of overworking, overcommitting and then wondering why we are so overwhelmed. If you are not available mentally, physically, or emotionally to participate in an activity, then DON'T. Lastly, remember that despite what others think, the word "No" can be a complete sentence

### 5. **Ask for help:**

We all need help. Some people choose to seek it while others do not. That decision is personal. Some people have biological family they can depend on. Some have friends and others have families they have built through time and life experiences. No matter how hard it gets, never feel guilty or ashamed for asking for help. We all have different strengths and gifts. Wouldn't it be easier to talk to someone who may be able to provide a productive solution? Identify a close confidant that you can trust and commit to contacting this person for help.

### 6. **Time in Solitude:**

Solitude does not involve work, other people or family life. Just you. Go shopping, watch your favorite movie, create a facial mask or simply enjoy the stillness of quiet. These times of reflection in solitude are where I have the dopest conversations with God. The greatest revelations have been revealed in times in solitude. Practice getting 30 minutes of solitude daily. Quality time with yourself is key.



I hope will assist you in being good stewards of the time given to us. Here are my top **three** Bible verses about time:

“We must work the works of him who sent me while it is day; night is coming, when no one can work.” While we still have time we are to do the work of God for the night is coming when no one can work anymore.

(**John 9:4**)

For the believer, we have only a certain number of breaths in our lives and we must learn to redeem it well and use time for God's glory. He expects us to be good stewards of our money and our gifts but also of our time.

“Look carefully then how you walk, not as unwise but as wise, making the best use of the time, because the days are evil.”

(**Ephesians 5:15-16**)

How can we make the best use of our time? Perhaps a **planner** would help. We must be wise stewards of our time or as Jesus says, “Who then is the faithful and wise manager, whom his master will set over his household, to give them their portion of food at the proper time”

(**Luke 12:42**).

A wise manager is someone who manages time well because time management is critical especially when you realize you are not the master of time, but just a participant. The real question is will you be an active or inactive participant? Only you can answer that question.

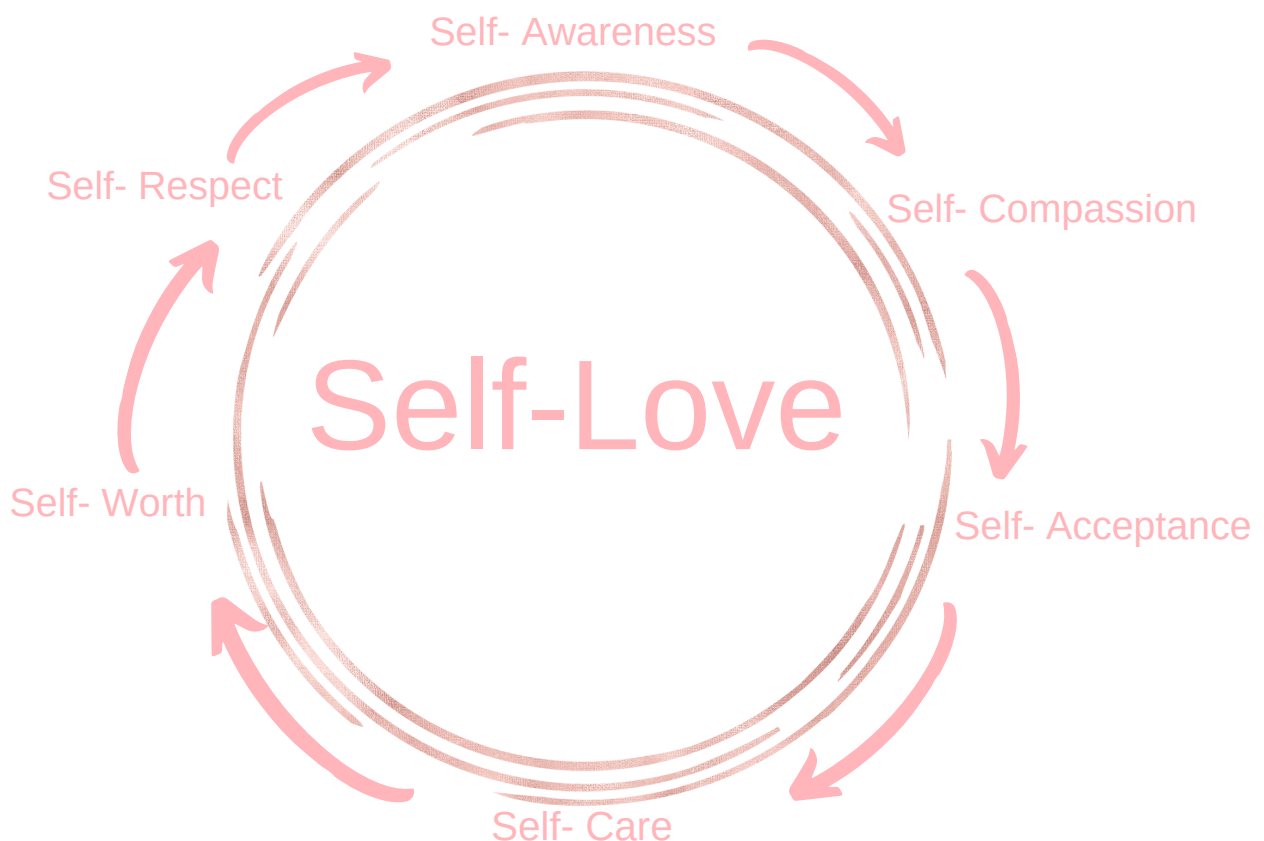
Okay sis, you have been introduced to a new way of thinking about the concept of time, you have received a few tips to help you maximize & be more intentional with your time.

Now its time to use that time to get back to **The Real Circle of Self**.



## CHAPTER II: THE REAL CIRCLE OF SELF

Chances are you've heard of the many, many "self-" words. There's self-esteem, self-compassion, self-acceptance, self-respect, self-confidence, self-love, self-care, and so on. There are so many words to describe how we feel about ourselves, how we think about ourselves, and how we act toward ourselves. It's understandable if they all start to blend together for you; however, they are indeed different concepts with unique meanings, findings, and purposes, but these are vital for a healthy relationship with self. What does a healthy relationship with self look like? It's simple. It looks like a circle. A complete circle that represents SELF- LOVE. The core of who we are is LOVE, because God, our creator is LOVE. When you understand and know that God is the author of love, it becomes easier to become a lover of self and learn to love and appreciate of other people that you meet daily. You may ask, "how do I get here?" "How can I circle back to The Real Self?"



Self-Awareness + Self-Compassion + Self-Acceptance + Self-Care + Self-Worth + Self-Respect =  
**The Real Circle of Self**



# Self-Awareness

Simply put, self-awareness is an awareness of the self, with the self-being what makes one's identity unique. These unique components include thoughts, experiences, abilities and more. In my view, it is important to recognize that self-awareness is not only about what we notice about ourselves but also how we notice and monitor our inner world. Have you ever held judgment towards yourself regarding the thoughts or experiences you have? If so, then you are not alone. If you are reading this, you are breathing and there it is time to work towards a positive approach to yourself and reflection of yourself with honest awareness of your thoughts & actions. The more self-aware you become, the easier it is to understand, relate and give grace to other humans.

Below are **TWO** key reminders of honest awareness of thoughts, experiences and abilities:

You are more valuable than many sparrows.  
(**Matthew 10:31**)

**Do you know how valuable you are? If the sparrows that fly above us are cared for and we are more valuable than many sparrows, surely we are cared for and valued. Be aware that you are very valuable.**

For I say, through the grace given unto me, to every man that is among you, not to think [of himself] more highly than he ought to think; but to think soberly, according as God hath dealt to every man the measure of faith.  
(**Romans 12:3**)

**Be aware that all of the goodness that comes from within you is from the Creator. Be cautious in thinking that all the goodness comes from your own doing. Be aware of your limited ability vs God's unlimited range and learn to appreciate it.**

Self-Awareness + Self-Compassion + Self- Acceptance + Self-Care + Self-Worth + Self-Respect = **The Real Circle of Self**

# Self-Compassion

Praise be to the God and Father of our Lord Jesus Christ, the Father of compassion and the God of all comfort, who comforts us in all our troubles, so that we can comfort those in any trouble with the comfort we ourselves receive from God.

(2 Cor 1:3,4)

Having compassion for yourself is really no different than having compassion for others. Think about what the experience of compassion feels like. First, to have compassion for self you must notice that you are suffering in an area. If you ignore that pain, you can't feel compassion for yourself. Second, compassion involves feeling moved by others' suffering so that your heart responds to their pain (the word compassion literally means to "suffer with"). When this occurs, you feel warmth, caring, and the desire to help the suffering person in some way. Having compassion also means that you offer understanding and kindness to yourself when they fail or make mistakes, rather than judging them harshly. Finally, when you feel compassion for another (rather than mere pity), it means that you realize that suffering, failure, and imperfection is part of the shared human experience. Now give yourself some grace, because you are not alone in facing struggles in this experience of life.



# Self-Acceptance

is:

- ✕ The awareness of your strengths and weaknesses.
- ✕ The realistic appraisal of your talents, capabilities, and worth.
- ✕ The feeling of satisfaction with your self, despite flaws and regardless of past choices.

**Do you truly accept yourself?** It might sound like an odd question. After all, what does it even mean to accept yourself? **Don't we all accept ourselves as a regular part of living our day-to-day lives? That's the perception that many people have of us via social media, but do we really accept who we truly are?** Honestly, self-acceptance is not an automatic or default state of being. Many of us have trouble accepting ourselves exactly as we are. Of course, it's not so hard to accept what we feel are the good parts of ourselves, but what about the parts of ourselves that we do not consider good? Surely we shouldn't accept our flaws and failures, right? Actually, that's exactly what we should do! We need to accept ourselves-- the good and the bad, and ugly.



Self-Awareness + Self-Compassion + Self- + Self-Care + Self-Worth + Self Respect =  
**The Real Circle of Self**

# Self- Acceptance

Below are **FOUR** vital verses that will help fuel in the process of accepting **SELF**:

I praise you, for I am fearfully and wonderfully made. Wonderful are your works; my soul knows it very well.

(**Psalm 139:14 ESV**)

Accept that you were created WONDERFULLY! Yep sis, every stretch mark, every flaw and feature was made beautifully by the Creator. Accept that!

For we are his workmanship, created in Christ Jesus for good works, which God prepared beforehand, that we should walk in them.

(**Ephesians 2:10 ESV**)

Accept and be confident in what God has created (YOU) and act accordingly.

So God created man in his own image, in the image of God he created him; male and female he created them.

(**Genesis 1:27 ESV**)

Accept that God's DNA runs through your veins.

Self-Awareness + Self-Compassion + Self- + Self-Care + Self-Worth + Self-Respect = **The Real Circle of Self**



# Self-Care

## What is Self-Care?

Any activity that we do deliberately in order to take care of our mental, emotional, spiritual health, and physical health. Although it's a simple concept in theory, it's something we overlook very often.



**Good self-care is key to improved mood and reduced anxiety.**

Here is an example: When on an airplane, what does the flight attendant say when instructing passengers on using the oxygen masks? Put your mask on first! After making sure your mask is secure, then help others with their masks! Imagine trying to place a mask on your/a child, when you are struggling to breathe each time you inhale. This is what is happening when you make a decision to care for someone else before caring for yourself.

Self-Awareness + Self-Compassion + Self- + Self-Care + Self-Worth + Self-Respect = **The Real Circle of Self**

# Self-Care

Below are **FOUR** key reminders from your Creator to care for yourSELF:

Do you not know that your body is a temple of the Holy Spirit who is within you, whom you have [received as a gift] from God, and that you are not your own [property]? You were bought with a price [you were actually purchased with the precious blood of Jesus and made His own]. So then, honor and glorify God with your body.

(**1 Corinthians 6:19-20 AMP**)

\*Your body is a gift from your Creator. Remember this when you eat, think, feel, and tin regards to how you treat yourself.

“Very early in the morning, while it was still dark, Jesus got up, left the house and went off to a solitary place, where he prayed.”

(**Mark 1:35 NIV**)

\*Self-Care takes discipline and appropriate stewardship of time.

“Rather, it should be that of your inner self, the unfading beauty of a gentle and quiet spirit, which is of great worth in God’s sight.”

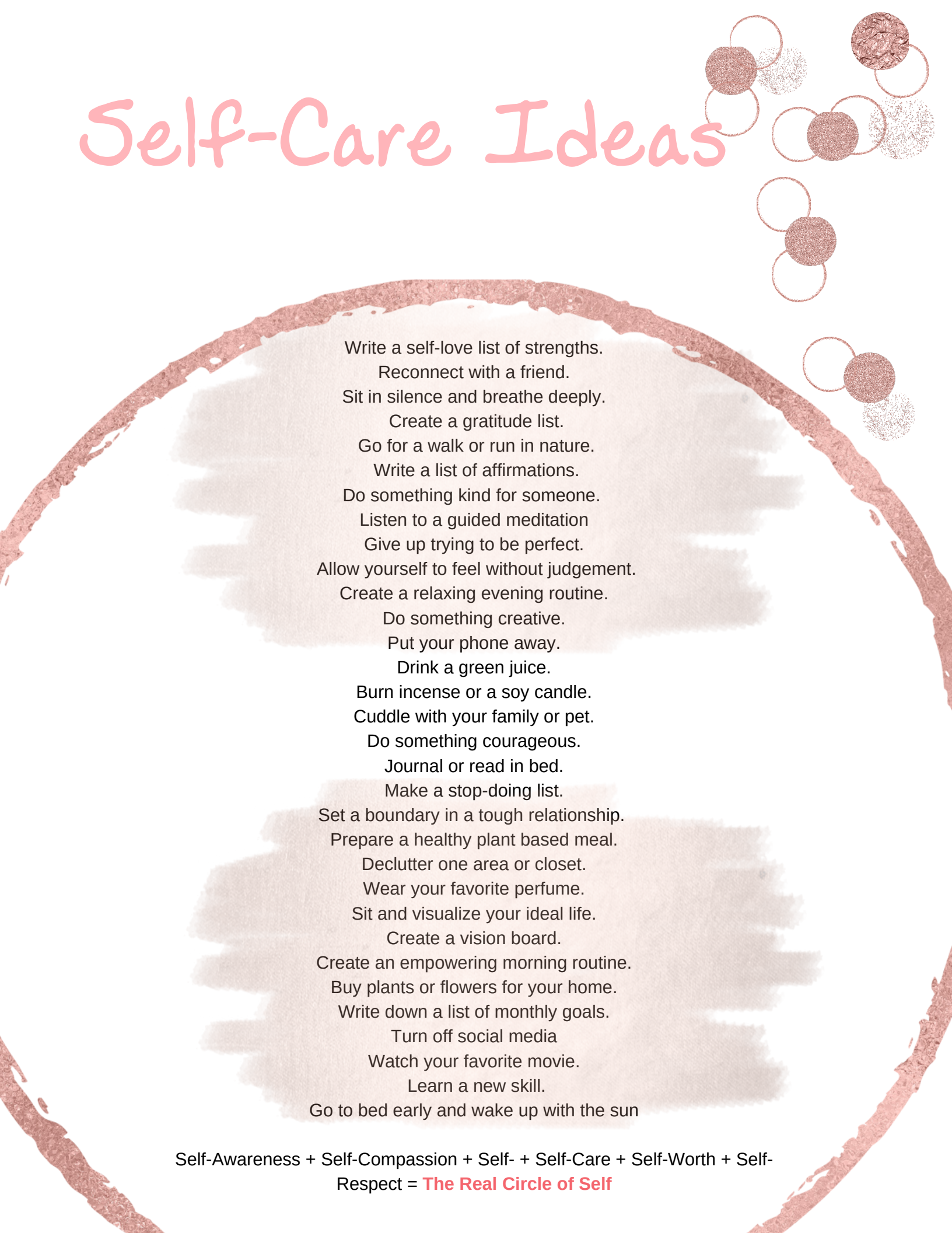
(**1 Peter 3:17 NIV**)

It takes work to cultivate that gentle and quiet spirit. Ask yourself What are you willing to do mentally, spiritually, emotionally and physically to cultivate that spirit?

Self-Awareness + Self-Compassion + Self- + Self-Care + Self-Worth + Self-  
Respect = **The Real Circle of Self**



# Self-Care Ideas



Write a self-love list of strengths.  
Reconnect with a friend.  
Sit in silence and breathe deeply.  
Create a gratitude list.  
Go for a walk or run in nature.  
Write a list of affirmations.  
Do something kind for someone.  
Listen to a guided meditation  
Give up trying to be perfect.  
Allow yourself to feel without judgement.  
Create a relaxing evening routine.  
Do something creative.  
Put your phone away.  
Drink a green juice.  
Burn incense or a soy candle.  
Cuddle with your family or pet.  
Do something courageous.  
Journal or read in bed.  
Make a stop-doing list.  
Set a boundary in a tough relationship.  
Prepare a healthy plant based meal.  
Declutter one area or closet.  
Wear your favorite perfume.  
Sit and visualize your ideal life.  
Create a vision board.  
Create an empowering morning routine.  
Buy plants or flowers for your home.  
Write down a list of monthly goals.  
Turn off social media  
Watch your favorite movie.  
Learn a new skill.  
Go to bed early and wake up with the sun

Self-Awareness + Self-Compassion + Self- + Self-Care + Self-Worth + Self-  
Respect = **The Real Circle of Self**

# Self-Worth

**Self-worth** is defined as “the sense of one’s own value or worth as a person.”

I think that is one part of it, but the other aspect is being able to understand how knowing your value is an emotional and mental experience. When I make this statement, people are often confused as to how to answer. It is easy to identify when you don’t feel valued, respected, or appreciated, but knowing your value is somewhat different. In my view, knowing your value and self-worth are inextricably linked. The other aspect is being able to understand how much of a difference you have made in any given situation with the contribution you have made. Contributions like your presence, your gifts, your love, etc is of great value.

The Bible informs us that self-worth is given to us directly from God. When we’re looking for direction, it helps to know who we are in Christ. Within Him, we are provided with strength and all that we need to live a godly life of value.

See below for reminders of strength, fearlessness, how wonderful and valued you are.

"I can do all this through him who gives me strength." (NIV)  
(**Philippians 4:13**)

"For the Spirit God gave us does not make us timid, but gives us power, love, and self-discipline." (NIV)  
(**2 Timothy 1:7**)

"You are the one who put me together inside my mother’s body, and I praise you because of the wonderful way you created me. Everything you do is marvelous! Of this, I have no doubt." (CEV)  
(**Psalms 139:13–14**)

Self-Awareness + Self-Compassion + Self-Awareness + Self-Care + Self-Worth +  
Self-Respect = **The Real Circle of Self**



# Self-Worth

Being clear of your values also enables you to understand what truly motivates you and clarifies what you may want to avoid in life. Once know on your values, you can make intentional life changes. Knowing your what you truly value, you'll learn to choose roles, activities and people that encourage, support or enhance your values. You will also learn to avoid roles, activities and people that contradict them.

If you are not aware of your values, how can you communicate them to others and create the boundaries you need to live a peaceful life?

It is really difficult to sense worth without understanding or being aware of itsvalue.

On the **NEXT** page is a bonus activity to help you identify what you really value. Circle the values that are dear to your heart.

Self-Awareness + Self-Compassion + Self- + Self-Care + Self-Worth + Self-Respect = **The Real Circle of Self**

# What are my Values?

1. Accomplishment
2. Accuracy
3. Acknowledgement
4. Adventure
5. Authenticity
6. Balance
7. Beauty
8. Boldness
9. Calm
10. Challenge
11. Collaboration
12. Community
13. Compassion
14. Comradeship
15. Confidence
16. Connectedness
17. Contentment
18. Contribution
19. Cooperation
20. Courage
21. Creativity
22. Curiosity
23. Determination
24. Directness
25. Discovery
26. Ease
27. Effortlessness
28. Empowerment
29. Enthusiasm
30. Environment
31. Excellence
32. Fairness
33. Flexibility
34. Focus
35. Forgiveness
36. Freedom
37. Friendship
38. Fun
39. Generosity
40. Gentleness
41. Growth
42. Happiness
43. Harmony
44. Health
45. Helpfulness
46. Honesty
47. Honour
48. Humour
49. Idealism
50. Independence
51. Innovation
52. Integrity
53. Intuition
54. Joy
55. Kindness
56. Learning
57. Listening
58. Love
59. Loyalty
60. Optimism
61. Orderliness
62. Participation
63. Partnership
64. Passion
65. Patience
66. Peace
67. Presence
68. Productivity
69. Recognition
70. Respect
71. Resourcefulness
72. Romance
73. Safety
74. Self-Esteem
75. Service
76. Simplicity
77. Spaciousness
78. Spirituality
79. Spontaneity
80. Strength
81. Tact
82. Thankfulness
83. Tolerance
84. Tradition
85. Trust
86. Understanding
87. Unity
88. Vitality
89. Wisdom

# Self-Respect

**Self-respect** is about having the courage to stand up for yourself when you are being treated in a manner that is less than what you deserve. It is about knowing your worth and having the ability to adjust your life and remove people from it if they are treating you poorly. If you have respect for yourself, you will naturally demand respect from others without having to do much of anything. People who have self-respect treat everyone else with respect, but also acknowledge that not everyone else will do the same. Rather than stooping to their level and disrespecting them, you should simply not interact with them because you should respect yourself enough to know that your time that could be better spent on something else

## What does **Self-Respect** actually look like?

Being aware of your tolerations.

Not letting other people define your boundaries

Refusing to settle for less

Not compromising your deepest values in favor of social acceptance

Self-Awareness + Self-Compassion + Self-Acceptance + Self-Care + Self-Worth +  
Self-Respect = **The Real Circle of Self**

# Self-Respect

Below are **TWO** affirmations and **TWO** verses that will help fuel in the process of accepting **SELF**:

---

For you were bought with a price. So glorify God in your body.  
(**1 Corinthians 6:20 ESV**)

\*Remember: **Your body is of the Highest Value, Honor (Respect) it.**

Therefore, if anyone is in Christ, he is a new creation. The old has passed away; behold, the new has come.  
(**2 Corinthians 5:17 ESV**)

\*Remember: **You are not your past, what you tolerated before is not what you will tolerate today! Self-Respect includes setting boundaries.**

\*replace YOU with I and YOUR with MY.

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Self-Awareness



Self-Compassion



Self-Acceptance



Self-Care



Self-Worth



Self-Respect



SELF-LOVE

is being concerned with or having regard for your own well being and true happiness. Both of these things are your own responsibility. In order to fall in love with yourself, you must be aware of who you truly are. Once you are aware of who you are, compassion (offering understanding and kindness) must start in order for the relationship to begin to truly grow and flourish. Self-Compassion breeds the understanding and kindness that sets the path for self-acceptance of your strengths as well as your weaknesses. Being satisfied with your self, despite flaws or weaknesses assists you in understanding where you may need extra self-care. Providing yourself with proper care can increase the value and quality of your life. Understanding and being clear of your value (worth) helps you to understand yourself more.

# MAINTAIN A HEALTHY RELATIONSHIP WITH SELF

Now that you have a clear understanding of the importance proper stewardship of time and the true inner workings of self-love, you are carrying the keys to the foundation of a healthy relationship with self. Do you realize that your relationship with yourself is the foundation of everything? Well, now you know. Having a good relationship with yourself gives you important insights into your life. It also improves your relationships with others. Your relationship with yourself sets the tone in your relationships with other people.

A healthy self-relationship is the ability to value yourself as a person, and embrace your strengths and weaknesses. Regardless of whether you're used to extending love and kindness your way, you can build and bolster that healthy bond. The seven principles listed above are based on cultivating a good relationship with yourself. When you depend on someone else to satisfy these critical needs, you give away enormous power and control over your basic wellbeing. Even in the healthiest relationship, you're still leaving your self-image up to your partner to mold. When their self-centeredness, carelessness, or changing whims inevitably get in the way, your former doubts can return quickly. Indeed, you'll find they never left; they just wait until something happens to substantiate your low opinion of yourself and resurface just in time to magnify a minor disagreement into a full-blown fight. Due to not being the conductor or keeper of time, a healthy relationship with your true self can prevent us from entering unsafe spaces.

In summation, those six components that circle you back to your true self which is love, because God is love; gives you the liberty to love yourself without any reservations. When this is done without any doubt, you will have finally circled back to your **REAL SELF**.

Self-Awareness + Self-Compassion + Self-Awareness + Self-Care + Self-Worth +  
Self-Respect = **The Real Circle of Self**









You are so worthy of the same  
compassion, care, respect and  
love that you give people.

Elle Antoinette



Yep, that's me, smiling, reflecting, outside with me, myself and I. If you ever meet me in real life, you'll find out that I love to encourage people. I love supporting people with this gift. I didn't want you to reach the end of this e-book without extending you the opportunity to continue further. I would love to talk to you and support you through your own journey to Circle Back to Self. That's what I do with women from all over the world inside of **(The Real Selfie Project)**.



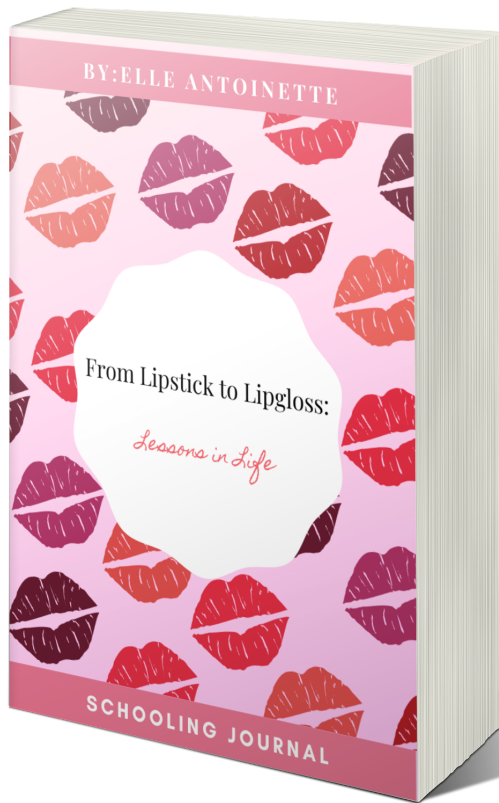
Reading this book is a great start, doing the work is where you see REAL results.

So here is my gift to you, go to <https://www.iamelleservices.com/self-care-coaching-services> to schedule a Complimentary 25 minute Self-Care Session (\$97 value).



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