

**LETTING GO**

**SELF HATE**

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**TIMELESS ADVICE FROM THE RICHEST AND  
WISEST MAN THAT EVER LIVED**

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**ACTION GUIDE**

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# *Self Hate Action Guide*

## **Action Guide for Letting Go of Self-Hate**

This section is designed to help you set goals, track your progress, and celebrate your victories as you work on letting go of self-hate and embracing self-compassion. Visualizing your progress can be a powerful motivator, helping you stay committed to your journey and see how far you've come.



# Self-Hate Action Guide

"As a man thinketh in his heart, so is he." - Proverbs 23:7

## Introduction

Self-hate can be a deeply ingrained mindset that affects how we see ourselves and how we interact with the world. King Solomon's wisdom teaches us that our thoughts shape our reality. To overcome self-hate, we must intentionally shift our thinking, embrace self-worth, and see ourselves as God sees us.

## Step 1: Identify the Roots of Self-Hate

### Reflection Questions:

- What negative thoughts do I frequently have about myself?

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- When did I first start feeling this way?

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- What experiences or words have shaped my self-perception?

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### Action Steps:

- ✓ Write down your self-critical thoughts and challenge their truthfulness.
- ✓ Identify any past experiences or voices that contributed to these beliefs.
- ✓ Replace negative thoughts with affirmations based on God's truth (e.g., "I am fearfully and wonderfully made" - Psalm 139:14).

## Step 2: Align Your Thoughts with God's Wisdom

### Scriptural Foundation:

*"For as he thinketh in his heart, so is he." - Proverbs 23:7*

### Action Steps:

- ✓ Meditate on scriptures about your worth (e.g., Proverbs 3:5-6, Jeremiah 29:11).
- ✓ Memorize and recite affirmations that reflect your God-given identity.
- ✓ Practice gratitude by writing down at least three things you appreciate about yourself daily.

**Write three things you appreciate about yourself:**

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## Step 3: Replace Negative Self-Talk with Truth

### Reflection Questions:

- How would I describe myself if I saw myself through God's eyes?

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- What strengths and qualities do I have?

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- What small actions can I take to build confidence?

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### Action Steps:

- ✓ When negative thoughts arise, stop and ask, "Is this true? Is this helpful?"
- ✓ Reframe negative thoughts into positive, faith-based truths.
- ✓ Speak life over yourself daily using affirmations from scripture.

## Step 4: Surround Yourself with Uplifting People and Resources

### Scriptural Foundation:

*"Walk with the wise and become wise."* - Proverbs 13:20

### Action Steps:

- ✓ Spend time with people who encourage and uplift you.
- ✓ Limit exposure to toxic relationships or influences that reinforce self-hate.
- ✓ Read books, listen to sermons, or follow content that reinforces God's love and your worth.

**Who are the uplifting people in your life?**

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## Step 5: Take Action Towards Self-Worth

### Scriptural Foundation:

*"Commit to the Lord whatever you do, and he will establish your plans."* - Proverbs 16:3

### Action Steps:

- ✓ Set small, achievable goals to build self-confidence.
- ✓ Engage in activities that bring you joy and fulfillment.
- ✓ Serve others as a way to practice self-worth and kindness.

**List one small goal you will achieve this week:**

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**List one activity that brings you joy:**

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## **Conclusion: Embrace the Journey**

Self-worth is not built in a day but through consistent renewal of the mind. As you apply these steps, remember that you are loved, valuable, and created with purpose. Keep seeking wisdom, and let Solomon's words guide you to a life filled with confidence, peace, and joy.

### **Daily Affirmation:**

"I am made in God's image, loved beyond measure, and worthy of all the good He has planned for me."

### **Next Steps:**

- ✚ Journal your progress each week.
- ✚ Memorize and meditate on one scripture daily.
- ✚ Find an accountability partner to encourage your journey.

**Letting go of self-hate is a journey to self-worth—start yours today!**







*Thank you!*

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