

How to accept yourself (even if you don't believe it)

If you're prone to self-criticism, a simple exercise shared by behavioural researcher and confidence expert Dr. Shadé Zahrai may help. In a recent episode of the Mel Robbins Podcast, she introduces the concept of a "Care Less List" – identifying the things that drain your confidence, such as worrying about others' opinions or judging your appearance – alongside a "Care More List" focused on personal growth, values and showing up as your authentic self.

The exercise encourages a deliberate shift in attention away from unhelpful thought patterns and towards what truly matters. It's a practical reminder that self-acceptance isn't something you suddenly achieve; it's something you build through small, intentional choices every day.

Care less list

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Care more list

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.