

A KICK IN THE

MVP — Ultra-clear quickstart

By Anders Jakobsson · Streetcoaching 2.0 × Self-Esteem

What you get

A 21-day course that blends street-level honesty with brain-science tools (CBT, ACT, Self-Compassion). Build self-esteem and self-confidence from the inside out — no fluff, no subscription.

The 3 scientific principles

- 1. CBT (Beck):** Thought → Feeling → Action. Change the thought, change the outcome.
- 2. ACT (Hayes):** Accept what you can't control. Act in line with your values.
- 3. Self-Compassion (Neff):** Talk to yourself the way you'd talk to a friend in crisis.

How to use the course — 3 steps

Step 1 · Measure. Rosenberg scale (10 questions) + inventory per life area. Know where you stand.

Step 2 · Run the program. One exercise a day for 21 days. Missed a day? Keep going. Falling is allowed. Staying down is not.

Step 3 · Write your manifesto. Five sentences. Yours. Read it every morning.

The 6 core exercises

- Thought log (situation → thought → feeling → intensity)
- Socratic questioning (7 questions vs. the inner critic)
- Values compass (ACT)
- Self-Compassion break (Neff)
- Micro-dose exposure
- Evening check-in (3 lines)

Manifesto — template

1. I am _____

2. I choose to _____

3. I release _____

4. I move toward _____

5. Today I will _____

Rules of the road

No one rows your boat for you. Action beats thought. Feeling better is a full-time job. Change is inevitable — you choose the direction.

References (selection)

Beck, A.T. (1976). Cognitive Therapy and the Emotional Disorders. · Rosenberg, M. (1965). Society and the Adolescent Self-Image. · Neff, K. (2003). Self-Compassion. · Hayes, S. (1999). Acceptance and Commitment Therapy. · Fennell, M. (1999). Overcoming Low Self-Esteem.

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