

## 3 STEPS TO PRACTICING

### *Self Compassion*

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#### BE YOUR OWN BEST FRIEND

Care for yourself as you'd treat others. Be understanding and empathetic towards yourself. Stop. Accept that you are not perfect and be gentle with yourself when you are confronted with your shortcomings.

Understand that you do not need to be a certain way to be worthy.

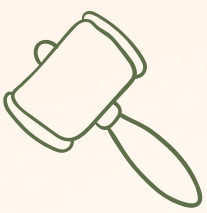


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#### RELEASE JUDGEMENT

Let the judgment go! One of the biggest elements of self-compassion is to release yourself from judgment. Instead of saying "I'm a horrible person for getting angry about \_\_\_\_."

Instead release yourself to feel in the moment. While you are at it, avoid judging others- it does nothing for them or for you.



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#### GAIN POSITIVE PERSPECTIVE

Sometimes self care is finding those people who will provide you guidance, feedback and affirmation.

Make sure you have your "wisdom council" to find support when you aren't finding it within yourself.

