

LET IT GO, LET IT GROW!



It's important to practise self-compassion to make it part of your everyday life.

There are many ways to do this including self-reflection. Try the following exercise to grow your self-compassion skills.

Use this exercise any time to cultivate your self-compassion so you can grow and thrive!

1 SELECT

Think of a stressful situation, big or small, that you are experiencing or have experienced.

2 ACKNOWLEDGE

Recognize the situation you are reflecting upon is stressful and uncomfortable. It's okay to feel uneasy. After all, you are taking yourself out of your comfort zone.

3 ACCEPT

Embrace the fact that everyone has struggles and that no one is perfect. You are not alone; in fact, you are in some very good company!

4 BE KIND

Be patient as you learn and grow. It's okay to make mistakes if you learn from them, practise self-forgiveness, and show yourself compassion along the way.