

Learn how to have self-compassion in your daily life. I know you are doing your best, but why don't you know it? Stop any negative self-talk in its tracks and picture yourself kicking the bully out of the room. Now replace the bully with an angelic guide, a best friend, or a cheerleader, and have them give you a powerful pep talk about how amazing you are! Try it, I guarantee you will have a better day hanging out with this best friend instead of the negative bully trying to run the show.

Negative self-talk can often shut us down, lower motivation, and push us into a shame spiral where we end up getting nothing done. Choosing self-compassion allows us space to breathe, time to heal, and motivation to get back up and keep working toward our goals. Change the voice in your mind and change your life. Be mindful to replace the negative talk with self-compassion and nurturing and start to notice things change. I often encourage my clients to picture their adult selves, rescuing their younger selves from being bullied. This can feel empowering, and doing inner child work with a therapist can be a way to start tapping into and practicing self-compassion.

If you grew up in a household where emotions were suppressed and a "suck it up" attitude was enforced, it may take some coaching to be comfortable with having self-compassion. If you view your past with compassion and love, would things be different?

Try reframing all the hard times as being an essential part of your journey. Begin offering yourself grace. Showing yourself grace can be challenging, so let's work through that on the next page.

Self-Compassion is Grace

Try to slow down today, and any moment you feel critical of yourself, stop and write a new dialogue written by your best friend, loving family member, guardian angel, mentor, or inspirational figure. Have this dialogue help you transform how you show up for yourself and empower yourself to live up to your potential. The truth is, when we have the support to thrive, we thrive!

Book Suggestions: Self-Compassion by Kristin Neff

