

Self-compassion statements

- It is a journey – not a destination
- I am free to make mistakes
- My imperfections make me human
- I can handle discomfort
- Nobody is perfect
- I am doing the best I can
- It is okay to have bad days
- I am worthy of forgiveness
- I am worthy of understanding
- I am doing my best
- I am a work in progress
- I am learning and growing
- I give myself permission to fail
- Mistakes are part of being human
- Feelings are okay
- Feelings are not facts
- Mistakes are not moral failures
- My feelings are valid
- I am enough – no matter what
- I can treat myself like I would treat a friend
- It is okay to rest
- My quirks are what make me special
- I accept all parts of myself
- I am safe to make mistakes
- Self-care is not selfish
- I can learn to be okay with discomfort
- I am a work in progress
- I can do hard things
- I love my body for all it does for me
- I have the power to change my life
- Mistakes are lessons, not failures
- Mistakes do not define me
- I am doing the best I can

- I get to decide my own path
- It's okay to be messy and imperfect
- Approval of others does not determine my worth
- There is no timeline for healing
- I am free to be me
- No feeling is permanent
- Be kind to your mind
- A moment of self-compassion can change your day – a string of them can change your life
- Treat yourself as you would a good friend
- Self-compassion is the courage to meet pain with kindness
- The same light you see shining in others is shining within you, too
- Caring for others requires caring for ones self
- Let them
- What if its not so bad