

EPISODE 1 SELF-COMPASSION HANDOUT A FEW AFFIRMATIONS AND ADD TO THEM

1. I am brilliantly imperfect both at the same time.
2. I accept myself as I am.
3. I am enough.
4. I am worthy of compassion.
5. I forgive myself and allow myself to feel inner peace.
6. I let go of the old and make room for the new.
7. I allow myself to make mistakes and to learn from those mistakes.
8. Today I will treat myself with kindness.
9. Just like all human beings, I have my strengths and my weaknesses, and both are okay.
10. I am healing through self-compassion.
11. I give myself the gift of unconditional love.

It's fun to make affirmation cards. You can use white index cards or whatever medium you would like to use. Decorate them if you are inspired too. Write your down you own affirmations and say them as often as you need to. This will help you have more self-compassion. I have affirmations everywhere, on my desk, in my kitchen, in my bathroom where I look at them daily and they serve as a reminder. A little reminder goes a long way.