

# Examples of Practicing Self-Compassion

**It's okay to make mistakes, nobody is perfect – and I am learning to forgive myself.**

**It is not selfish to show kindness to myself.**

**I will try to be fully present when completing a task today.**

**I am allowed to say no to others and yes to myself.**

**Changing is not easy, but it's easier if I stop being hard on myself.**

**I will try not to let self-doubt or judgment hold me back from reaching my goals.**

Try writing them down or saying them out loud in front of a mirror

