

# PRACTICING SELF-COMPASSION

Today's Date: \_\_\_\_\_

Realize the power of your words.

## Part 1: Mindset and Motivation

Instead of Saying	Say This
I'm not good enough.	I will try my best.
I can't get this right again.	I will make sure to do better, learn from my mistakes.
I can't do this.	I just have to try it out once to see if it works for me or not.



*The Best is Yet to Come.*

### What solutions can you derive by self-compassion exercises?

Self-compassion exercises can be helpful for building a kinder and more understanding relationship with yourself. They are often used to promote emotional well-being and reduce self-criticism.

Website: <https://rewiredminds.in/>

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# BE KIND to yourself



## Skills You Need

- ☒ Loving Yourself
- ☒ Self-care Practices
- ☒ Positive Self-talk

## Part 2: Write a Letter to Yourself

Handwriting practice area with 10 horizontal lines.

## Part 3: How Are You Feeling?

- ☐ I'm feeling better.
- ☐ I need time to self-reflect.
- ☐ I'm still not feeling good about myself.

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