

Self Compassion

- ♥ What would I say to myself if I spoke with kindness?
- 🍃 What mistake can I forgive myself for?
- 🍃 What am I learning from this experience?
- ☁️ What part of myself needs more understanding?
- ♥ When have I handled something difficult well?
- 🍃 What progress have I made that I rarely acknowledge?
- ☁️ What pressure can I soften today?
- 🌸 How can I support myself instead of criticise myself?
- ♥ What does kindness toward myself look like today?
- 🍃 What would my younger self want to hear?
- What achievement am I minimising?
- What expectation can I release?
- ☁️ What makes me worthy beyond productivity?
- ☁️ How can I celebrate small progress?
- ♥ What do I need to remember when things feel difficult?

