

SELF-LOVE & SELF-COMPASSION



What would I say to a close friend who was going through what I am going through?

Where has my inner critic been louder than my own voice?



What is something about myself I have been unfairly judging?

What strength have I shown recently that I almost overlooked?



What part of myself am I learning to accept instead of constantly fix?

What would treating myself with more patience look like this week?

