

Self Compassion Reminder Starter Kit,

- Set boundaries
- Empower yourself
- Take responsibility
- Acknowledge your accomplishments
- Apply discernment
- Look for balance and the middle ground
- Follow healthy habits
- Step back from a reaction
- Find the antidote
- Ask questions
- Find the gift, the good, the gold.
- Celebrate your successes.

ADD YOUR OWN SELF-COMPASSION
PRACTICES BELOW:

