

“Bee Kind to Yourself”
“Talk to yourself like someone you love”

**Live a Healthy
Life Style.**

**Forgive
Yourself.**

Respect Yourself

**Learn a New
Hobby.**

**Nourish & Treat
Yourself.**

**Take Time For
Yourself.**

Pamper Yourself.

**Acknowledge Your
Achievements.**

**Remind Yourself
of Your Good
Qualities.**

**Shut Down Your
Inner Critic.**

**Tell Yourself, “Its
going to be ok.”**

Use Positive
Self-Talk.

Have Faith in Your
Own Abilities &
Judgment.

Take Your Dreams
& Future
Seriously.

Accept Yourself
With Strengths &
Weaknesses.

Stop Trying to be
Perfect.

Think of
self-compassion in
terms of a good
parent. A good
parent is neither
too strict nor too
indulgent.

Finding the sweet spot
between being happy
with who you are, while
taking action to
become even better.

Take Care of Your
Physical Health.

Show Yourself
Compassion.

Write Yourself a
Love Letter.

Stop Tolerating
What/Who
doesn't Serve You
Well.

Seek Out a
Therapist.

Rest & Recharge.

Surround Yourself
with Positive
People.

Have a "Self Care"
Day.

