

I TREAT MYSELF GENTLY

I take breaks. I pause in between tasks to clear my mind and renew my energy. I breathe deeply. I chat with a friend or drink a cup of tea.

I shorten my to do list. I set realistic goals and allow myself enough time to complete my work without having to rush. I identify my top priorities and cut down on projects that are less meaningful to me.

I monitor my inner dialogue. I speak kindly to myself.

I look after my health and wellbeing. I eat a healthy diet and exercise regularly. I connect with family and friends. I listen to my body. I allow myself more time to rest when I feel ill or have an injury.

I avoid comparing myself to others. I measure my performance by my own standards. I recognize my strengths. I give myself credit for making an effort.

When I make a mistake, I forgive myself and move on. I learn from experience.

I disconnect from technology for at least one hour each day. I turn off my phone and other devices during mealtimes and late in the evening before bed.

I schedule time each day to do something I enjoy. I cook my favorite meals and drink a glass of wine. I read books and magazines. I play with my kids and pets.

Today, I treat myself with compassion and respect. I recognize my personal strengths and celebrate my authenticity.

REFLECTION QUESTIONS

1

How can I incorporate more self-care and gentleness into my daily routine?

2

What are some ways I can speak kindly to myself and monitor my inner dialogue?

3

How does treating myself with compassion and respect improve my overall well-being?