

## **How can you be kind to yourself worksheet**

- Acceptance and acknowledgment are the first steps towards building or living a better life.
- Make the changes that are required. Learn from your mistakes and then move on.
- Nobody is perfect.
- Don't keep dwelling on the past.
- To be kind to others, first learn to be kind to yourself.
- Practice kindness on yourself first.
- Try to get closure. If you or your actions have hurt someone, write an apology or seek forgiveness.
- Try to be compassionate and empathetic towards yourself.
- Practice positive, motivational affirmations.
- Learn to say no to people, things that hurt you, so that you can move on.
- Rather than saying sorry, make genuine changes in your life to avoid making that same mistake again.
- Charity begins at home, and so does forgiveness.
- Learn to move on from your mistakes.

- Past is gone, and it's over. Tell yourself that life is short. Whatever has been done is done. Time to move on
- Tell yourself that we are human beings and to err is human.
- Don't be too harsh on yourself or set the bar too high.
- Stop being judgmental.