



OF KIN

A LITTLE LOVE AND SELF CARE

What makes you feel good? Write a list of all the things that bring you confidence, happiness, inspiration, creativity, relaxation and play.

What doesn't make you feel good? Challenge: remove those unnecessary things from your life or find a way to change them.

How do you like to move your body? If you don't already, how can you move your body each day?

How often do you listen to your heart and body and take time out to honour your feelings and emotions? How can you make more time to honour them?

Self-compassion is simply giving the same kindness to ourselves that we would give to others. Christopher Germer.