



BUILDING SELF COMPASSION

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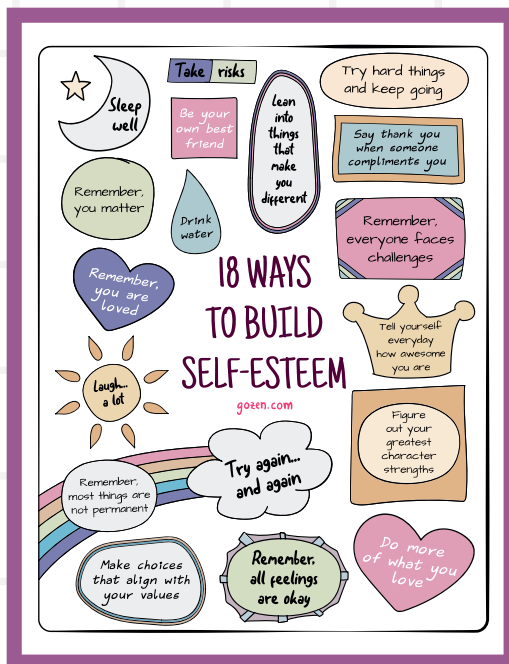
How to Use these Posters

Self-compassion isn't just about the things we say to ourselves or the way we feel about ourselves, but also about the ways we act and the things we do for ourselves. It's not just about telling yourself nice things, but also about genuine kindness directed at **YOU**.



Print these posters and hang them up in a place that feels safe and comfortable. Refer to them when you need reminders about how to show up as your best self, how to be compassionate with yourself, and how to treat yourself with kindness.


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Self-compassion Posters




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 I can accept help from others. 

I put one foot in front of the other and make progress. 

 I have incredible strengths I came into the world with. 

 I can ride the wave of tough feelings and get through them.

 I'm human. I make mistakes.

 I'm enough.

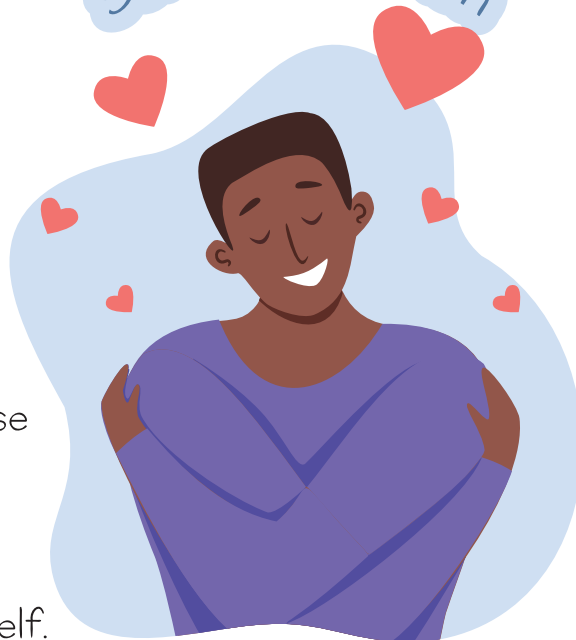
I'm worthy. 

 I'm perfect as I am.

 I matter. 

 I treat myself just like I would treat a friend.

I practice Self-Compassion



 I'm important and have lots to contribute.

 I have coping skills to use when things get hard.

 I have something to be grateful for each day.

 I love and respect myself.

 I have a lot to contribute to the world.

I am grateful for my body for keeping me strong. 


 I compare myself only to me.


 I am inspired when I see others do inspiring things.



I recognize my good qualities. 


 I accept responsibility for me.



 I'm proud of my accomplishments.


 I surround myself with loving people that lift me up.

I have the power to change things in my life for the better. 

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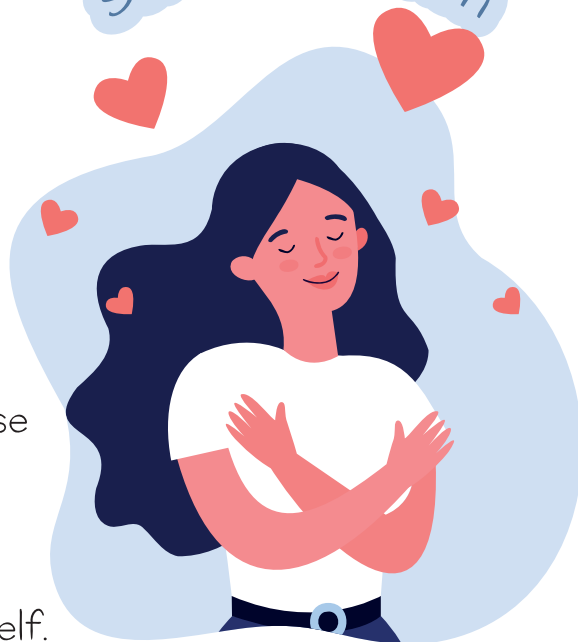
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Take risks

Be your own best friend

Lean into things that make you different

Try hard things and keep going

Say thank you when someone compliments you

Remember, you matter

Drink water

Remember, everyone faces challenges

Remember, you are loved

18 WAYS TO BUILD SELF-ESTEEM

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Tell yourself everyday how awesome you are



Figure out your greatest character strengths

Remember, most things are not permanent

Try again... and again

Make choices that align with your values

Remember, all feelings are okay

Do more of what you love

Tell yourself every day how awesome you are



Be your own best friend



Drink water



Take risks



Try hard things and keep going



18 Ways to Build



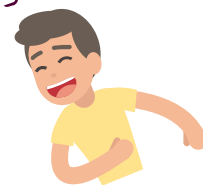
Say thank you when someone compliments you



Remember, you are loved



Laugh... a lot



Remember, you matter



Remember, everyone faces challenges



sleep well



Try again... and again

**TRY,
TRY,
TRY!**

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Remember, most things are not permanent

Do more of what you love



Figure out your greatest character strengths

Make choices that align with your values



Remember, all feelings are okay



Lean into things that make you different

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