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**“Leaning on others is a beautiful act of self-compassion.”**

~ Sally Clarke~



**“Remember, you have been criticizing yourself for years and it hasn't worked. Try approving of yourself and see what happens.”**

~ Louise L Hay~



**“If you do not respect your own wishes, no one else will. You will simply attract people who disrespect you as much as you do.”**

~ Vironika Tugaleva~



**“Stop beating yourself up for beating yourself up.”**

~Eleanor Brown~



**“If you are someone who tends to ruminate, or who suffers from anxiety and depression, it's important that you don't judge yourself for this way of being.”**

~ Kristin Neff~



**“Using self-compassion doesn't mean letting yourself off the hook for missteps, but owning them and still holding space to love yourself.”**

~Gina Senarighi~



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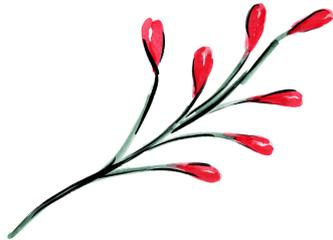
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**“You find a use for everything. Yet you discard yourself at every opportunity.”**

~ Amanda Cox~



**“...trust in what you know, be patient with yourself, and take things one step at a time.”**

~Melissa Steginus~



**“Taking time to relax every day, spending quality time with friends, and practicing mindfulness are some of the tried and tested ways of developing self-compassion.”**

~Dr Prem Jagyasi~



**“For us to feel good emotionally, we have to look after ourselves.”**

~Sam Owen~



**“The power of self-kindness can help us to heal our chronic shame and self-loathing. In a world that is often mean-spirited and cruel, a daily practice of kindness and warm-heartedness can make all the difference.”**

~Christopher Dines~



**“Self-compassion is like a muscle. The more we practice flexing it, especially when life doesn’t go exactly according to plan (a frequent scenario for most of us), the stronger and more resilient our compassion muscle becomes.”**

~ Sharon Salzberg~



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**“Talk to yourself like a cherished friend. Treat yourself with love and care. You are perfect, just as you are.”**

~Amy Leigh Mercree~



**“A moment of self-compassion can change your entire day. A string of such moments can change the course of your life.”**

~Christopher K. Germer~



**“Have the courage to love yourself like you always wished someone would.”**

~ Vironika Tugaleva~



**“When we practice self-compassion in our lives, we are compelled to be more understanding and accepting toward ourselves.”**

~ Jose Incer~



**“Awakening self-compassion is often the greatest challenge people face on the spiritual path.”**

~ Tara Brach~



**“Always remember to give yourself the kindness, compassion and consideration you give to others.”**

~Miya Yamanouchi~



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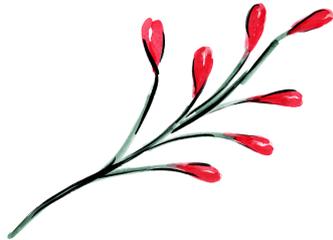
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**“Taking good care of yourself means the people in your life receive the best of you rather than what is left of you.”**

~Lucille Zimmerman~



**“If one is cruel to himself, how can we expect him to be compassionate with others?”**

~ Hasdai ibn Shaprut~



**"If your compassion does not include yourself, it is incomplete."**

~ Jack Kornfield~



**"Self-compassion is key because when we're able to be gentle with ourselves in the midst of shame, we're more likely to reach out, connect, and experience empathy."**

~Brené Brown~



**"The privilege of a lifetime is being who you are."**

~Joseph Campbell~



**“Having compassion starts and ends with having compassion for all those unwanted parts of ourselves, all those imperfections that we don't even want to look at.”**

~Pema Chodrun~

