“The curious paradox is that when I accept myself just as I am, then I can change.” ~Carl Rogers

Offering yourself compassion. 
Offering yourself acceptance. 
Offering yourself grace. 
Offering yourself possibility and hope.

Bring forward an imaginary best friend that always has your back is unconditional in their love and support

Instead of pretending that we don’t or shouldn’t feel the way we do, we welcome. And allow it to exist.

Play with these three practices (either by themselves or altogether)

- "Of course I feel this way.". Whisper this to yourself with your left hand over your heart and your right hand resting on top.
- "Thank you & I love you". As you notice your breath, whisper thank you on your inhale and I love you on the exhale.
- "I am exactly where I need to be, in this moment." You can whisper this to yourself. I love repeating this to myself either while standing, with my feet rooted on the ground, or in a child’s pose.

Resources:
Kristen Neff: Self-Compassion Exercises
https://self-compassion.org/category/exercises/#exercises

Be Your Own BFF: Sunrise in Your Pocket Podcast
https://www.elenasonnino.com/podcast/be-your-own-bff

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