

The Power of Self-Compassion

✨ In this session, we explored the idea of *self-compassion*—what it is, why it matters, and how most of us could use more of it. Inspired by the work of Dr. Kristin Neff, we looked at the difference between harsh self-judgment and gentle self-awareness, and how treating ourselves with kindness can actually make us more resilient, not less.

We also took a short quiz to reflect on where we currently stand with self-compassion—and how we can grow.

Journaling Prompts

- What did you notice from your quiz results? Did anything surprise you?
 - When something goes wrong in your life, how do you usually treat yourself?
 - What would it look like to respond to yourself with more compassion, care, or understanding?
 - Write down one loving sentence you wish someone would say to you—and say it to yourself now.
-

Self-Compassion Quiz

Take the quiz [here](#)

Brain Balance Statement

"It's so easy for me to have radical self-compassion."
