

## ***Your “Be Gentle with Yourself” List***

- ☐ Sleep more, without guilt
- ☐ Indulge yourself in a pleasure, without having “earned” it
- ☐ Slow down your mornings: Begin your day with a simple, slow routine that centers you—whether it’s journaling, a short walk, or a self-care ritual
- ☐ For three days in a row, take a break in the middle or end of your day for this [tender self-compassion meditation practice](#)
- ☐ Stop multi-tasking while you eat lunch. i.e. When you eat, just eat. Stop inviting your phone to lunch.
- ☐ Take a couple days off from watching or listening to the news
- ☐ Buy yourself a piece of very comfortable clothing
- ☐ Create a nap habit
- ☐ Forgive yourself for a past mistake
- ☐ Say no to someone or something to make room to say yes to yourself
- ☐ Allow yourself a day without plans or to do’s. Let the day unfold on its own
- ☐ For a few days in a row, end the day by celebrating small wins, as a way to challenge the voice in your head that only affirms you for “significant successes” and waits for “big achievements” before it allows you to feel proud
- ☐ Explicitly schedule in a joy or play on your calendar
- ☐ Make more of an effort to notice your negative self-talk, asking yourself if you would speak that way to a friend
- ☐ Escape resentment by remembering that the family member or co-worker who disappointed you or let you down may, in fact, be [doing their best](#).
- ☐ When filled with frustration because you are stuck in traffic, on the phone or in a line, practice [offering the people around you lovingkindness](#)
- ☐ Practice offering yourself [soothing touch](#) when [anxiety, worry or frustration with yourself](#) is elevated