

Choose Love to Thrive

Daily Action Steps For Conquering Adversity

CHOOSING LOVE TODAY #24: WRITE YOURSELF A KIND LETTER



Jack Kornfield, a best-selling American author once said, "If your compassion does not include yourself, it is incomplete." While practicing compassion towards others is important to spreading positivity and love, it is also important to spend some time showing love towards ourselves. This is known as self-compassion. Practicing self-compassion can have benefits to our mental health and well-being.

There are many ways to show yourself compassion every day! It can be anywhere from smiling at yourself in the mirror to spending time doing something you enjoy (drawing, dancing, going on an adventure, etc.). The more we show ourselves compassion, the easier it is to express this towards others. We can do this by asking how a friend is doing, offering a hug to a loved one, giving someone a compliment, or anything that helps put a smile on their face. Today, let's practice self-compassion by writing yourself a kind note to encourage your own happiness.

Practice Compassion Today:



1. FIND A PIECE OF PAPER AND PENCIL.
2. WRITE A LETTER ADDRESSED TO YOURSELF! BE SURE TO INCLUDE THINGS THAT YOU LOVE ABOUT YOURSELF. FOR EXAMPLE, "I LOVE THE WAY I CAN MAKE MY FAMILY LAUGH" OR "I REALLY LIKE THE WAY I SING."
3. READ YOUR LETTER ALOUD TO YOURSELF. IT FEELS GOOD TO HEAR OURSELVES SAY THESE KIND WORDS.
4. STORE THIS LETTER IN A SAFE PLACE TO LOOK BACK AT WHEN YOU'RE FEELING DOWN OR NEED TO BE REMINDED ABOUT ALL THE GREAT THINGS THAT MAKE YOU, YOU!

Parent Practice Tip:

You can write a letter to yourself alongside your child! Ask your child how it makes them feel to write these kind words about themselves.

To Learn More:

A Children's Story about Kindness and Self-Compassion

Compassion-In-Action (Choose Love)

Compassion Puzzle for Two

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