

# Self Compassion



## CHECK-LIST

- 1. Check in with yourself before you check in with anyone else.  
Ask: What do I need today—rest, connection, quiet, support?
- 2. Release the pressure to “feel festive.”  
Your holidays don’t have to look magical to be meaningful.
- 3. Speak to yourself like someone you love.  
If you wouldn’t say it to a friend, don’t say it to yourself.
- 4. Create one moment that feels good for you.  
Light a candle. Take a walk. Make something warm. Small rituals matter.
- 5. Set boundaries that protect your peace.  
“No” is a complete sentence—especially this time of year.
- 6. Choose connection, even in small ways.  
One call, one text, one moment of reaching out.
- 7. Celebrate one thing you survived or learned this year.  
Give yourself credit—you earned it.
- 8. Let yourself rest without guilt.  
Rest is your right, not a reward.
- 9. Anchor yourself in gratitude—gently.  
Not forced gratitude. Just one honest thing.
- 10. Remember this truth:  
You’re allowed to take the holidays at your own pace and in your own way.

