



BE VERDANT

SUPPLEMENTAL GUIDE

Episode 20: Self-Compassion

6 Ways to Apply Self-Compassion to Build Resiliency



Speak to yourself with
kindness



Recognize and forgive
your mistakes



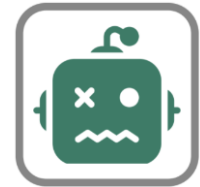
Suspend judging yourself



Take care of your physical
needs



Realize that most things
are not about you



Accept that you are flawed

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