



Welcome Home!

Unity Center for Υ  Universal
Prosperity



Revs. Drs. Bil & Cher Holton

Reflection
Question



What does “Being Kind to Yourself” mean to you?

Reflection
Question



How do you allow unrealistic expectations and comparisons to affect your ability to be kind to yourself?

Reflection
Question



How can you extend the same level of kindness to yourself that you extend to others?

Reflection
Question



How can you make self-kindness a consistent and integral part of your life ... especially during challenging times?



Here are 3 techniques to put into practice immediately to help you value the Extraordinary You by Being Kind to Yourself!



Conduct a Self-Compassion Meditation: In a meditative state, visualize sending love and kindness to yourself. Imagine being surrounded and enfolded by a warm and healing light, offering yourself forgiveness and understanding.



Conduct a Personal Pep Rally: Think about what you want to celebrate about yourself – what you are proud of – how you've grown and evolved – how you've handled situations, etc. Then spend time cheering out loud for yourself, patting yourself on the back, and creating the environment of a Personal Pep Rally celebrating YOU!

Play the Flip Side! When you notice self-criticism arising, gently redirect your thoughts by flipping the criticism to understanding, acceptance, and a recognition of your Personal Power in every situation! Remind yourself you deserve love and compassion, right here, right now!

