Self-acceptance is a result of being kind to myself
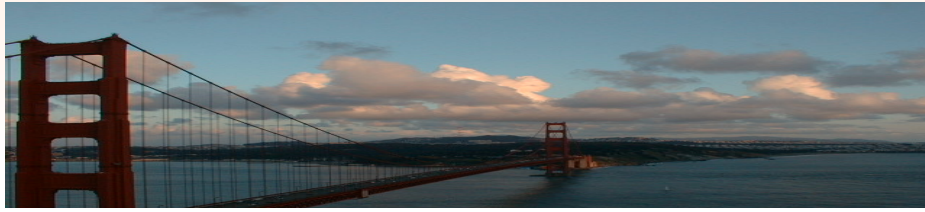

Self-acceptance is a result of being kind to myself.

I believe it's important to treat myself kindly. Doing so inspires self-acceptance. It's much easier to be happy with who I am when I can accept myself.

Kindness means encouraging myself when I fall short on a goal but also allowing myself the right to step away from goals when down-time or introspection is needed more. Obstacles are easier to overcome when I gently push myself while reminding myself that it 's okay to make second or ever third attempts.

My imperfections make me the beautiful person that I am. I use my flaws to reinforce to myself that I have something unique. That uniqueness is endearing.

Even though there are many who are wealthier than I am, I still count my blessings. Other strengths, apart from wealth, make me an impressive force. I remind myself of those strengths and feel proud of their existence.

I pamper myself as a way of showing kindness to me. That time I take to relax is a reminder that I I am deserving of good things. It makes me feel good about myself.

I avoid getting angry with myself when I allow others to speak unkindly to me. Another person's unkindness is their downfall. *When I rise above negativity, I show strength and peace of mind.* I love that I successfully take the high road in those situations.

Today, I accept that it's important to be kind to myself. I realize that it inspires others to be kind to me also.

Self-Reflection Questions:

1. In what other ways can I show kindness to myself?

2. How is my self-image impacted when I allow negative energy to fester?

3. What rules can I set for my life so I remain gentle with myself?