

What You Would Tell a Friend

Try out the kindness you would hand someone else, pointed the other way.

WHEN TO USE THIS

Use this after you have been hard on yourself about how little you are doing.

Write down the harshest thing you have said to yourself this week.

Now picture a friend saying that same thing about themselves. What would you say back?

Put them side by side. Which one would you want to hear on a bad day?

WHAT I SAY TO ME

WHAT I WOULD SAY TO THEM

Pick one line from the right side to keep. Write it out.

You are usually a better friend than you are to yourself. That gap can close a little.