

Self-Compassion Affirmations:

From A Body Image Workbook For Every Body (Rachel Sellers and Mimi Cole)

- I am worthy of compassion
- I am exactly where I need to be on my healing journey
- I accept myself as I am
- I will treat myself with kindness
- I deserve to be kind to myself
- I am lovable just as I am
- It's okay to make mistakes and forgive myself
- I deserve the same compassion that I freely give to others
- My best is good enough
- My mistakes just show that I'm growing and learning.

Self-Compassion Quotes

- To be beautiful means to be yourself. You don't need to be accepted by others. You need to accept yourself. -Thich Nhat Hahn
- Self-love, self-respect, self-worth: There's a reason they all start with 'self.' You can't find them in anyone else -Unknown
- Unlike self-criticism which asks if you're good enough, self-compassion asks what's good for you. - Kristin Neff
- You've been criticizing yourself for years and it hasn't worked. Try approving of yourself and see what happens. - Louise Hay
- The first rule of kindness is to be kind to yourself. - Bryant McGill
- If you're not showing up for yourself, who are you showing up for? - Unknown
- If you don't love yourself, you'll always be chasing after people who don't love you either. -Mandy Hale
- Stop hating yourself for everything you aren't. Start loving yourself for everything you are. - Unknown
- You make mistakes, mistakes don't make you. - Maxwell Maltz
- Don't be ashamed of your story it will inspire others. - Unknown
- Perhaps, we should love ourselves so fiercely, that when others see us they know exactly how it should be d - Rudy Francisco
- It's interesting how often we can't see the ways in which we are being strong. - Lena Dunham
- You deserve the love you keep trying to give everyone else. - Unknown
- Try to love yourself as much as you want someone else to. - Unknown
- Too many people undervalue what they are and over value what they are not. - Malcolm S. Forbes
- You're so hard on yourself. Take a moment. Sit back. Marvel at your life. At the grief that softened you heartache that wisened you, at the suffering that strengthened you. Despite everything, you still grow. proud of this. - Unknown

- Where you are, is not who you are. - Circumstances. - Unknown
- Be the love you never received. - Rune Cazuli
- I don't know a perfect person. I only know flawed people who are still worth loving.
- John Green
- A season of loneliness and isolation is when the caterpillar gets its wings. Remember that next time you feel alone. - Mandy Hale
- We sometimes think we want to disappear, but all we really want is to be found.
- Unknown
- The bravest thing you can be is yourself. - Unknown
- So many years of education yet nobody taught us how to love ourselves and why it's so important. -Unknown
- If your compassion does not include yourself, it is incomplete. - Buddha