



*Fierce Self-Kindness!*



**35 ACTIONS FOR YOU**



## Introduction: Being Kind to Yourself...

Do you find it easier to be kind to others than to yourself? If so, you're in good company!

Being kind and gentle with ourselves is something many of us find challenging. And with good reason—our whole society is based on more: doing more, being more, achieving more...

But self-kindness is often about doing less. And it's especially about doing less for others.

What you most likely need *more* of is rest, joy, self-connection—and kindness.

And this is big work. Because in being kind to ourselves we go against so much of what we've been taught: to push through and keep going, to maintain relationships and put others first—and to ignore our own needs for the greater good.

Learning Self-Kindness takes work—and practice. And sometimes what we need is some new ideas of what self-kindness can look like, to help us be more prepared when the moment arises.

Because there are so. many. ways. to be kind to yourself beyond having a bubble bath (even though this is a fabulous self-kindness activity!). We hope that this mini-workbook expands your idea of what self-kindness is, offering you some new and *fierce* possibilities.

In this mini-workbook we're looking at one chunk of our PACT Self-Kindness process—CHOOSE. So, on the next two pages you'll find 35 *Fierce* Ways to be Kind to Yourself. And then you'll be asked to choose 3 common situations where you might need self-kindness, and 3 ideas to get you started. This way, you'll be more prepared the next time you need some of your own kindness.

### The 4 Step PACT process

1. **PAUSE.** Notice *and* acknowledge what you're feeling.
2. **ASK.** What do I most want and *need* right now? What would self-kindness look like?
3. **CHOOSE.** Decide *what* you will do for yourself.
4. **TIME.** Lastly, either do it *now* or commit to *exactly* WHEN you will do it.



## 35 Fierce Ways to be Kind to Yourself!

*There are endless ways to be kind to yourself—these are just a few ideas to inspire you. Remember that what works best will be utterly unique to you, the situation—and how you're feeling in that moment.*

1. **Change your mind.** Did you know it's OK to change your mind? It's not about being flaky, it's about prioritising *you*.
2. **Stop tolerating** things in your life. It's not noble to allow things (or people) to drain you... So clear them up—or clear them out.
3. Craving chocolate, chips or that tub of ice cream? **Pause.** Then give yourself a **healthy, but super-tasty treat** instead like fresh strawberries, melon or a roasted chickpea snack.
4. Feeling down on yourself? Remember: **your flaws give you character** and personality!
5. **Reach out to a friend** or **hug someone.** If this isn't possible, find a private spot and give yourself a hug or place both hands on your heart and press!
6. **Slow down.** Take your time. Rushing makes us (and those around us) miserable—and you're more likely to make mistakes.
7. **Grab your journal** and explore something that's bothering you. Ask questions like: What am I not seeing? Where do I need to be kinder to myself? What would I do if there were no limits?
8. **Create something.** Anything at all.
9. **Go outside in nature.** Go for walk and feel the sun or rain on your skin, listen to the birds, stare at the trees for 15 mins (or more!). Learn more about [forest bathing](#) here.
10. **Dance/Sing/Play/Laugh/Skip** for a few minutes—or longer. Choose a favourite song, funny TV show or video clip you love and watch. Join in.
11. **Say "No"** when you want to. Life is too short to 'should' on yourself. TIP: Your gut/ intuition usually gives you a nudge as to whether it's a "yes" or a "no". Learn to pay attention...
12. Give yourself **5 mins of (almost nothing)**. Meditate or stare out of the window. People watch, simply drink your cup of tea not doing anything, or stretch with a few yoga poses.
13. Made a mistake? **Forgive yourself.** Remember that ultimately, failure is just a form of learning.
14. **Stop multitasking!** Do just *one* thing at a time...
15. **Have a nap.** Set a timer if you want/need to. Grab a blanket, eye mask or close the curtains. Be warm. Rest.
16. **Refuse to compare yourself** to others. There is only one you!

17. **Tidy, organize or finish something** that's been bothering you.
18. **Disconnect from technology** and connect with your *self*. Reduce time spent on the internet and devices, especially Social Media/YouTube etc. Journal, walk, read or meditate instead.
19. Focus on **excellence not perfection**. Chasing perfection is tiring and it's hard on everyone around you too...
20. **You can do this!** Whatever you're going through, remember you are never (really) alone. Someone somewhere is experiencing similar issues to you—or has in the past.
21. **Release 'toxic' emotions** eg. rage/resentment/guilt/shame. Punch a pillow, see a counsellor, journal, write an "unsent letter" (a letter you let everything out in, but destroy before sending).
22. Make a conscious effort to **surround yourself with people who love you**—and want you to do well. Try the [Spark Team Tool](#)! Call on them when you need to feel uplifted.
23. Set a timer for 30 minutes and **read a fun, favourite or inspirational book**, in the middle of the day. (This is one of my favourites. It hugely energises me, in part because it's exactly what I should *not* be doing!).
24. Feeling down? Take a moment to **make a list of what *is* good in your life**. What's important? What's right in your life? Or try this super-easy [5 things gratitude ritual](#).
25. Give yourself the time to **cook a meal you *love*** (delicious, and preferably but not necessarily 'healthy'). The key here is to enjoy the *process* of cooking as well as eating it!
26. **Know your values. Live and honour them** by making choices that align with who you are.
27. Believe you deserve to enjoy life. **Say, "I don't have to earn rest, kindness or fun-time."**
28. **Do something that brings you joy**. And it just might be easier than you think! Try the [What Makes My Heart Sing?](#) Tool.
29. Get more sleep! **Go to bed 'early'**. Create a sleep routine. What helps you get to sleep? Research, learn and customise for you. Then prioritise it!
30. Decide to **live life your way**. Choose to stop caring what others think!
31. Ask yourself daily: **"What do I need to thrive today?"**
32. Commit to pay attention to and **honour your feelings**. Feelings are simply signals from *you*, so listen to them—always!
33. Got rejected? Remember that rejection proves **you just did something courageous!**
34. **Decide to stop worrying what others think** of you. When you catch yourself worrying, pause, connect to yourself and ask instead: "What do *I* think?"
35. **Stand up for yourself**. If not you, then who will?





## So What Will You Commit To?

*Choose 3 self-kindness actions for common situations below. Please note: this is not a prescription! You may find that when the situation arises you have a different (or better) idea. However, by noting your ideas ahead of time, this sets an expectation—giving you a base to start from. And this makes it more likely you'll be kind to yourself when you need it!*



**Choose 3 common situations in your life,  
and one action to be kind to yourself for each.**

1. Write out 3 challenging situations where you would like to be kind/er to yourself.
2. Now write ONE action for each situation, that you *could* do next time the situation arises.  
TIP: Make sure each action idea is easily doable and enticing—so you're excited to do it.

Situation 1 \_\_\_\_\_ Action \_\_\_\_\_

Situation 2 \_\_\_\_\_ Action \_\_\_\_\_

Situation 3 \_\_\_\_\_ Action \_\_\_\_\_

## Commit to You!

Signed \_\_\_\_\_

Date \_\_\_\_\_



I am committed to learn to be kind to myself!

## Wrap-up

I hope this Self-Kindness Workbook helps you decide to be more kind to yourself! Because not only do you deserve it, but when we're kind to ourselves, we're happier, more relaxed, better at our jobs—and better in our relationships too.

## About Fierce Kindness.com

At Fierce Kindness we believe that courage and kindness is what we, and our world, need. We need courage to do the right thing, to go after what we *deeply* want and become all of who we are. And we need kindness, fierce kindness, to set boundaries, learn to love ALL of ourselves and BE in our world in a new and exciting way.

We plan to spread the word about the necessity of Fierce Kindness toward ourselves, others and our world through resources, stories, articles, inspiring and beautiful quotes and much more.

We want to change the world! But to change our world, we must start with ourselves. And so, here at Fierce Kindness, we love to help people get to know themselves deeply through worksheets and workbooks like this one!

**Our goal is that you can come to Fierce Kindness any time to:**

- Get inspiration and ideas for your life!
- Learn how to be kinder to yourself and others.
- Get tips and learn techniques to deeply connect with yourself.
- Get inspired to make a difference and help make the world a better place.



If you haven't already, we'd love you to [Sign up for our Fierce Kindness newsletter here >>](#)

**About the author:** Emma-Louise Elsey fell in love with personal development in 2003. She'd created a life that had everything she *thought* she wanted, but wasn't happy on the inside. Thinking it would help, she quit her successful career to become a life coach and moved to a new country - but she still struggled to be truly happy. Slowly she learned that self-kindness IS the answer to finding peace within - along with great courage. She realised we are ALL much braver and more capable than we realise, and believes that with Fierce Kindness, *everyone* can create a life and self they love. And she has dedicated herself to helping people do just that.

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Emma-Louise

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