



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. Give yourself a **healthy, but *super-tasty* treat** (fresh strawberries, melon or a roasted chickpea snack) rather than chocolate, chips or that tub of ice cream...
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. Have a **relaxing bath**. Yes, this is overused as a self-care "solution"—and yet the restorative properties are often just what we need: nothing to do, warmth, peace & nice scents.
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/ 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?

