



"We can't be kind to others if we don't experience compassion for ourselves."

The way we talk to ourselves, the kind of information and goods we consume, is a great indicator of how much we love ourselves.

Self-love is often a vague concept. Many of us love ourselves, but in a very rational way. **Self-love truly means to be aware of who I am and embrace myself completely.**

Self-love is also, to give the energy, time, and resources to develop myself truly. To take care of myself and be kind to me, especially when I mess up in life. To act as a caring & understanding parent towards ourselves.

DAY.19

The ability or not, to be compassionate with ourselves developed on a very young age.

Analytical psychology uses the term 'inner child' to describe our subconscious mind, which developed during childhood.

The inner child is always present and it's quite independent. It feels, thinks, and behaves in the way that we learned during childhood.

Depending on how people treated us, or treated each other in front of us, during childhood, shaped the level of **self-love, self-acceptance and self-care.**

Every time we beat ourselves up, we are strict, or we demand from ourselves to perform better, our inner child is hurting and it feels less lovable or less good enough.

When we are compassionate with our grown-up selves, our inner child, is healing. Embrace the challenges you face, as Desmond Tutu reminds us beautifully: **"We grow in kindness when it is tested."**

DAY.19

Phrase of the day: *'Today I choose compassion for myself'*

Please also write this phrase in your journal.

We invite you to talk to yourself in a way you would talk to a small child, or a puppy, with encouragement, love, acceptance and compassion.

PRACTICE

Start your day with the *'INNER CHILD' meditation* anytime you have
This is the most important meditation of this program.

Today we invite you to be AWARE of how you treat yourself, your inner child to choose to practice self-compassion.

1. Observe your thoughts and every time you feel that you judge yourself or you are very strict with yourself.
2. Observe any self-sabotaging actions that you take towards yourself.

Optionally: Correct yourself with the following affirmations.

"It's okay even if you messed up."

"You are worthy and loving just the way you are."

"You can try again, I am proud of you anyway'."

Good luck!