

# 30 Self-Compassion & Self-Kindness Affirmations

Gentle reminders you can return to anytime

1. I am worthy of kindness, especially my own.	16. I allow joy into my life without guilt.
2. My mistakes do not define me.	17. I speak to myself with kindness.
3. I give myself permission to rest when I need to.	18. I am gentle with myself when I feel overwhelmed.
4. I am learning and growing at my own pace.	19. I choose compassion over perfection.
5. My struggles do not make me weak, they make me human.	20. I give myself credit for even the smallest steps.
6. I honor my feelings without judgment.	21. I am resilient and worthy of care.
7. I deserve patience and gentleness.	22. I allow myself to heal in my own time.
8. I am allowed to take up space.	23. I treat setbacks as lessons, not failures.
9. I am more than what I accomplish.	24. I comfort myself the way I comfort others.
10. I listen to my needs and respect them.	25. I remind myself that I am doing my best.
11. I forgive myself for past mistakes.	26. I let go of the pressure to be perfect.
12. I accept that progress takes time.	27. I celebrate my progress, however small.
13. My voice and feelings matter.	28. I allow myself to feel proud of who I am becoming.
14. I am proud of myself for showing up.	29. I remind myself that it's okay to ask for help.
15. I am enough exactly as I am today.	30. I hold myself with compassion through all seasons of life.

## My Top 3 Affirmations to Practice This Week

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

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