

# Be kind to yourself.

Like any habit, learning to treat yourself with more self-compassion takes time. Fortunately, there are small shifts you can make to your everyday life that will make a big impact. Here is a roadmap to guide you to greater self-compassion. Start at the beginning and go at your own pace. You can complete one activity each day for a month or choose to be really kind to yourself by doing multiple activities each day.

