Affirmations for self-compassion

I am safe in my body

I do what feels good for me without guilt

It is productive for me to rest

I extend kindness to myself, not just others

I make peace with where I am in life at this moment

I allow myself to be authentic

I hold myself in love and compassion

I am gentle with myself

I embrace my skills and abilities

I am showing up everyday, and that's enough

During difficult times, I choose to love and take care of myself

Tamara
JOSEPHINE