

Try a Little Kindness

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Be Kind to Yourself

Are you a tough taskmaster? Do you seek out your weaknesses and berate yourself for having them? Negative self-talk can be harsh and relentless limiting our ability to make changes especially when we are facing new challenges and obstacles.


No wonder we find change scary. Fear of failure can be very powerful as can any kind of fear.

decreases our motivation.

These symptoms are frequently associated with depression.

If you really listen to your inner dialogue it may sound like a disparaging comment from a negative parent. By being brave and challenging the content you may discover that it contains very little value now.

Reframing the comment to a



**The smallest act of
kindness is worth
more than the
grandest intention.**

Oscar Wilde
veganposters.com

It can cause us to hold back and not start, not take the first step. Internal negative dialogue diminishes confidence in our abilities and can destroy our chances of success.

Setting relentless unachievable targets and then criticizing our results is really not a helpful approach.

Negative inner dialogue creates stress, lowers our mood which

useful positively encouraging phrase will free you from its weight and the fear it holds.

Life is a valuable gift and we are given a second chance every day. Refrain from being your own critic and work on building a kind and caring relationship with yourself.

Kindness is a gift you really can afford to give yourself!

Marie Wellness clinic

As you can see the theme this month is all about the damage negative thinking can have on energy and motivation.

Sometimes our self-belief prevents us from pursuing our real desires. Don't let your negative feelings about your own self-worth hold you back.

A study on athletic performance found that athletes who performed best were less judgmental and more self-compassionate.

Try using compassion and understanding to help yourself achieve your goals this month.

"I've been searching for ways to heal myself and I have found that kindness is the best way".

Lady Gaga

For a free consultation call

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