

How To Be Your Own BFF, No Matter What

1

UNDERSTAND THAT MAKING MISTAKES AND FACING CHALLENGES ARE ALL PART OF BEING HUMAN



2

LEND YOURSELF A CURIOUS AND COMPASSIONATE EAR. IF YOU NOTICE SELF-CRITICISM, ASK YOURSELF: IS THERE A KINDER RESPONSE?

3

SEEK TO IDENTIFY AND CARE FOR YOUR NEEDS

4

REALIZE YOUR THOUGHTS ARE JUST THOUGHTS

5

BE KIND WHENEVER POSSIBLE