

# HOW TO BE KINDER TO YOURSELF

It's easy to get stuck in a state of negativity. You are your harshest critic. Turn negative thoughts into positive ones to be kinder to yourself, feel more confident, and achieve your success!

I CAN'T DO IT!

This is something I can learn.

IT'S TOO HARD.

Nothing is easy to start with, but I can practice until it becomes easy.

I AM NOT GOOD AT \_\_\_\_\_.

I'm not good at \_\_\_\_\_, but I can learn. What is my plan to be successful with this?

THIS DOESN'T MAKE SENSE TO ME.

This isn't working for me. Is there another approach I can try or someone I can ask for help?

WHY IS THIS EASIER FOR EVERYONE ELSE?

Others may have more experience, but maybe they can help me!

IT LOOKS LIKE A LOT OF WORK.

This looks like a challenge! What is my plan to get started?

\_\_\_\_\_ IS BETTER AT THIS THAN I AM.

I can't be the best at everything, but I am great at \_\_\_\_\_.

I TRIED AND FAILED.

This is a learning opportunity. What did I learn and what can I do differently this time?

I'M OVERWHELMED.

How can I break this down into manageable chunks?



**tutor  
doctor**

How learning hits home.