



SELF COMPASSION

This toolkit will provide ideas on how to give yourself self compassion in your every day life by discussing ways to take control of your schedule and empower you to say yes and no when you feel it is best.

Guard your Yes and Own your No

If you commit to something, be present and show up for it. But remember: You get to say no. People respect you when you're honest about what you want to do and know where you'd rather not put your time.

You get to be selfish and pour into your own life. Give yourself permission to say no to protect your time.

Be here now

If you commit to something, be present and show up for it. But remember: You get to say no. People respect you when you're honest about what you want to do and know where you'd rather not put your time. You get to be selfish and pour into your own life. Give yourself permission to say no to protect your time.

Being more productive doesn't simply mean just doing more. It means doing more of what we care about. You already have everything you need to shift where you're putting your energy and time, and to say yes to yourself more.

[Visit the Self Compassion Toolkit Deck here for more information.](#)

CONTROL YOUR OWN TIME

Protect your calendar

- Protect your calendar like it's the last bite of desert.
- Establish healthy boundaries and make sure you're keeping track of everything you're planning to do
- Does your schedule for the week reflect my values?

Carve out time for mindfulness and reflection each day

- Give yourself enough time to journal, meditate, and write down things you're thankful for
- What time of day would be the best time for you to do this?
- Start small and put 10-15 minutes of time on your calendar

