

The
COACHING
Success Strategies



Self Care Series

BE KIND TO
YOURSELF

On-demand coaching tips and tricks to help
you get the life you deserve.

LINDEN FULLER

Self Care Series

BE KIND TO YOURSELF

Self-compassion is simply directing compassion inward. Kristen Neff, a pioneer in compassion research, identifies three main elements of self-compassion: kindness, a sense of common humanity, and mindfulness. According to Neff, these elements together cultivate a self-compassionate mindset.

The kindness component involves being warm and understanding toward ourselves during times of suffering instead of being self-critical. This means maintaining a gentle and encouraging inner dialogue and acknowledging our problems and shortcomings with openness and without judgment.



Unfortunately, many of us tend to use harsh, critical language when we face difficulties, saying things like, "I'm a failure," "I'm so stupid," or "I'm hopeless."

Consider whether you would use such words with a close friend, child, or stranger. Yet, we often allow our self-criticism to be excessively harsh.

Neff's research shows that most people are kinder to others than to themselves, even in situations beyond our control, such as being in a car accident or caring for others where any deterioration is out of our control.

The following exercise can highlight the difference between how you treat

The key to changing mindset lies primarily in self-awareness.

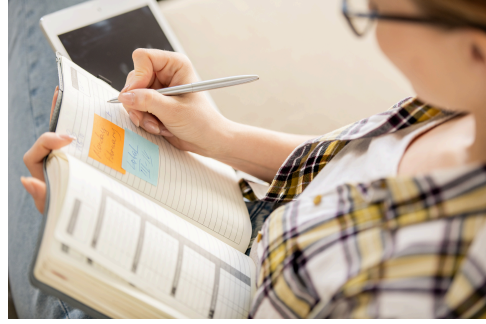


yourself versus how you would treat a friend when life is difficult; and practicing to develop self-compassion

Step 1:

Reflect on a situation when a close friend was suffering or feeling down about themselves. Consider what you would do and say to support your friend, and think about the tone of voice you would use.

Write down your friend's situation:



Your response:

Step 2:

Now reflect on a time when you were struggling. Maybe there's something in your life right now that is causing you concern. Write down what you tend to do and say, and note your tone of voice when you talk to yourself:

My situation:

My response:

Step 3:

Was there any difference between how you tend to respond to a friend and how you talk to yourself? If yes, then ask yourself why this may be, and write down what might lead you to treat yourself and others so differently:

Step 4:

Now, write down how you think things might change if you treated yourself in the same way you would respond to a close friend when you're suffering:

When life doesn't go as planned, treat yourself with the same kindness you would offer a good friend. The more you practice self-compassion, the more naturally it will become a habit.

"Self-compassion is simply giving the same kindness to ourselves that we would give to others."

Kristen Neff

SELF CARE CHECK-IN

How good are you to yourself?

There are no right or wrong answers, just answer with whatever is appropriate for you right now - and see what you learn about yourself!

	Yes	Sometimes	No
<ul style="list-style-type: none">• I am up to date with my optical, dental, and general health• I am happy with my physical fitness and energy levels• I eat well nutritionally most of the time and don't abuse my body with drugs or excessive alcohol• I have plenty of sleep so I always feel rested• I take regular breaks from my work and use my holidays for enjoyment and relaxation• I like how my hair is at the moment, I am happy with my wardrobe and 'style'• I use practices such as meditation, journaling, quiet reading, or alone time regularly• I prioritise how I spend my time so that important tasks always get done in plenty of time• I say 'No' to myself and others when needed• My home is clean to a standard I am happy with• My home is somewhere I love to be• My home is a calm haven that takes me away from the stresses of the world• I recognise my stress signals and know when it's time to take a break• I have enough people in my life who love and support me• Apart from exceptional circumstances, I mainly spend time with people who support, energise, and inspire me• I listen to and trust my intuition when it comes to looking after me• I have a mentor/s that supports and encourages me in life• I have no regrets and have forgiven myself for my past mistakes• I have let go of any past resentments towards others• I have reserves of things that are important or help my life run smoothly• I have things to look forward to in my life			



Welcome!

I'm Linden, a dedicated Life Coach specialising in guiding mature professionals through life's various challenges and changes. My mission is to help you transition from feeling overwhelmed to gaining a clear understanding of your life's purpose and charting a confident path forward.

What I Offer:

- **Clarity and Commitment:** My coaching sessions provide a deep sense of clarity and unwavering commitment, helping you set and achieve truly inspiring and powerfully motivating goals.
- **Retirement Vision and Strategies:** I've developed comprehensive programs that help you envision your ideal retirement and equip you with strategies to manage the emotional aspects of this significant life stage. By the end of our coaching series, you'll have a game plan to navigate your retirement with purpose and fulfillment.

About Me: When I'm not coaching, you'll find me indulging in my passions—writing for both business and pleasure, enjoying serene walks with my dogs, and nurturing my peaceful balcony garden.

My Superpower: I excel in listening. By truly understanding and supporting your unique life journey, I help identify your needs, values, and aspirations, paving the way for a life filled with happiness and fulfillment.

Explore More: Thank you for downloading my resource! I'm confident it will be incredibly helpful for you. Explore my website for more coaching tips, resources, and packages tailored to suit your lifestyle needs.

Discover more at: <https://lindenfuller.com/>

Linden x

Linden Fuller. Expert Life Coach for Mature Professionals on the path to retirement



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