



High School

Name: _____

Date: _____

Self-Compassion

Directions: A mantra can be useful during a situation when your self-perception feels inaccurate. By repeating the mantra to yourself, you concentrate on the words, which stops the negative thoughts and helps you refocus on something positive. Read some of the sample mantras below. Working individually or in pairs, create your own mantra. Be prepared to share with the class.

Three steps for practicing self-compassion:

1. Show self-kindness and self-care.
2. Practice common humanity and recognize that nobody is perfect and making mistakes is part of what makes us human.
3. Be mindful!

Sample Mantras:

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|----------------------------|---|
| • Let it go. | • Stay in your lane. |
| • I don't own that. | • Shake that one off. |
| • That wasn't about me. | • I control my thoughts. |
| • I am kind to myself. | • I'll rise above this. |
| • Stay the course. | • I bring my A game. |
| • I am a positive force. | • Inhale courage. Exhale doubt. |
| • I did my best. | • I bring what I am able. |
| • I can't control this. | • Press on. |
| • This won't sink my ship. | • I have great things to give to the world. |

Create your own mantra in the space below for when you need a self-compassion boost!