



THE RAINMAKER'S GUIDE TO

RAISE

SELF - COMPASSION

Fostering a kinder, more understanding relationship with oneself:



Reflect on a Time You Supported a Friend:

Think about a time when a close friend or family member was going through a tough situation or made a mistake. What advice or words of comfort did you offer them? How might you apply that same kindness and understanding to your own situation?



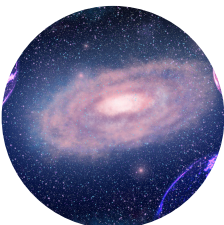
Evaluate Your Inner Dialogue:

If you were to personify your inner critic, what would they look like? What about your compassionate self? What conversations would they have, and how can you allow the compassionate voice to be louder?



Reframe the Narrative:

When you think about a recent challenge or mistake you faced, how might you describe it from an outsider's perspective who sees it as a mere event rather than a reflection of your character?



Universal Connection:

Can you recall a time when you learned that someone you admire faced a similar challenge or felt the same way you do now? How does recognizing the shared nature of these experiences change how you feel about your own situation?



Visualizing Growth:

Imagine yourself a year from now, looking back at this moment. How might you see it as a valuable step in your journey, and what words of wisdom would you offer to your current self?

Each of these questions aims to shift the perspective from self-judgment/self-criticism to self-understanding and compassion, emphasizing the shared nature of human struggles and the importance of self-kindness in the face of challenges.

Evaluate Your Inner Dialogue:



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Reframe the Narrative:



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Universal Connection:



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Want more support?

Join our inner-circle on Building Rock Solid Confidence.

[Learn more](#)

Have a 1-on-1 session? [Just schedule a call with me](#) and see if we have a great synergy to help you live the life you want!

Wondering if you are undermining your confidence?

[Find out here](#)

Wondering if you are ready for coaching? [Find out here](#)

Connect with me:

<https://www.linkedin.com/in/rainyrainmaker/>

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Rainy Rainmaker