

# Creating The Life You Love



A CHECKLIST

## 6 Things You Can Do To Develop Self-Compassion and Live Fully

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## CHECKLIST

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Do you want to free yourself from old tension and dive into your life without fear?

Do you want to come to a place of deep self-acceptance and self-compassion?

By practicing these new habits, you can come to complete self-compassion and gratitude for your life. You will find yourself reaching for and living your very best life.

### **1. Clear out all areas of doubt in your life.**

- Start by examining the areas of doubt in your life.
- Choose to clear out that doubt by taking positive action.
- Observe the way you speak to yourself and adjust your self-talk to be self-compassionate rather than self-critical.

### **2. Avoid overthinking.**

- If you continue to ruminate on the past, you will not be able to be fully present.
- Let go of regrets by learning from them, forgiving yourself, and moving forward in a positive way.

- Let go of that little nagging voice that tells you negative things.
- Move past social fear by practicing in-the-moment coping skills and open-mindedness.

### **3. Explore your community.**

- Get involved with the world around you by partaking in activities around your community.
- Remain authentic by continuing self-compassion and allowing yourself to gain inspiration from the world around you.

### **4. Remain grounded in the present moment.**

- Use mindfulness to bring your awareness to the present moment.
- Mindfulness will help your self-compassion practice grow because self-compassion comes about in the present moment.

### **5. Release what holds you back.**

- Let go of the resentment that you've held onto for years. Do forgiveness exercises to forgive these people and move on in a place of compassion.
- Let go of the fears that keep you from taking risks and embracing your life fully.
- Remove yourself from negative people by setting clear boundaries and sticking to them.

- Let go of your past self.

## **6. Hold onto what takes you forward.**

- Having a set of values will help direct your life toward a path that leads in the direction you want to live.
- Set goals to help you move forward, even if just a little bit, each day.
- Get curious about spirituality and allow it to give you security and comfort.
- Embrace your greatness. Acknowledge how wonderful you are. Appreciate your true self and your life.