

Kindness for Self – Start Within



Kickstart
Kindness
Checklist



Compliment Yourself: Write own 3 things you appreciate about yourself



Acknowledge Your Accomplishments: Reflect on a past accomplishment and acknowledge your effort.



Take a Break: Stand up, stretch your muscles, walk around, or do a few gentle movements.



Speak Kindly to Yourself: Repeat kind statements like “I am doing my best, and that is enough” or create your own.



Visualize Your Ideal Day: Spend 10 minutes visualizing your ideal day and what makes you happy.



Treat Yourself: Cook your favorite meal, buy a small treat, or take yourself on a solo outing.



Gratitude Break: Watch the Gratitude Break video on TELUS Health



Acknowledge Your Accomplishments: Reflect on a past accomplishment and acknowledge your effort.



Be Positive: Replace one self-critical thought with a positive affirmation.



Self-Forgiveness Exercise: Forgive yourself for a small mistake.



Say No: Give yourself permission to say “no” to something that drains you.



Digital Detox: Spend a set amount of time away from social media.



Say No: Give yourself permission to say “no” to something that drains you.



Music Therapy: Create a playlist of songs that uplift you or calm your mind.