

STELLAR *Life*

Hosted by *Orion*

Fierce Self-Compassion

10 Point Checklist

Kristin Neff

Want to gain as much knowledge as possible out of this episode? Here is your **10 point checklist** that gives you actionable steps you can take **TODAY** to start living a Stellar Life!

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"Self-compassion transcends the need for perfection. You don't need to compare yourself to others. You can be a flawed human being and still demonstrate compassion."

KRISTIN NEFF

10 STEPS YOU CAN TAKE TODAY

**Take charge of your health, wellness, and success.
Here are 10 steps that can move you closer to your goals – today.**

- Treat yourself with kindness and support. Avoid harsh self-judgment. Practice speaking to yourself as you speak to a friend facing a challenging situation.
- Embrace mindfulness, create space for your pain, and face it with compassion. Become actively present with your suffering. This will help you cultivate warmth and understanding.
- Intentionally connect with others and embrace shared humanity. Self-compassion is about understanding mistakes and challenges as universal experiences.
- Shift from conditional self-esteem to unconditional self-worth. Embrace your inherent value as a deserving human being beyond achievements and judgments.
- Train your mind to recognize self-criticism and replace it with self-compassion through your thoughts and actions.
- Prioritize self-care and self-compassion to prevent burnout. Remember that self-compassion is not a limited resource but a wellspring that replenishes as it flows inward and outward.
- Inspire others to practice self-compassion by modeling it yourself. Demonstrate self-compassion openly, and create an environment where acceptance and self-love flourish.
- Harness the power of physical touch. Place your hands on your heart, hug, or gently rock your body. Touch can soothe and nurture your soul.
- Trust the process to achieve self-compassion and acknowledge your self-worth. Have faith and stay open to possibilities until you have a sense of wholeness.
- Learn more about self-compassion on Dr. Kristin Neff's [website](#). You can also check her books, specifically [Self-Compassion](#) and [Fierce Self-Compassion](#).