

Seeing Yourself with Softer Eyes

A gentle space to soften your self-talk this week

Date:_____

Your Chosen Affirmation

My affirmation for this week:

Gentle Prompts

Where in my life do I need softer eyes?

What would I say to a friend in the same situation?

How can I speak to myself with more kindness today?

Gentle Affirmations

I am allowed to take up space. I am doing the best I can with what I have.
I deserve rest, care, and compassion. I am learning to be kinder to myself.
I don't have to be perfect to be worthy.

*Softness is not weakness. Softness is healing.
Every gentle moment counts.*