

# I EXPAND MY CAPACITY FOR COMPASSION

## **I expand my capacity for compassion.**

I expand my capacity for compassion for others and myself. I am learning to be self-compassionate.

My old programming taught me to take care of others at my own expense.

However, I have now learned that it is better to show myself compassion. **By showing myself compassion, I have more compassion to give to others.**

I am grateful that I have learned to take better care of myself. Now that I have become more kind to myself, I am able to extend more kindness to others, rather than be resentful to them when I am too short of time to take care of everyone else.

I have come a long way down the path of self-compassion. I am now aware of when I get out of balance. I am grateful that I am conscious of my boundaries.

I am happy that I have learned to take care of myself and thereby have extra to give to others.

## **I start my day with loving acts of kindness**

**toward myself.** I give myself care. I take a wonderful salt bath and take time for grooming. I look kindly at my image in the mirror. I say kind words to myself.

## **I keep compassionate thoughts in my mind all day.**

Now that I have filled my cup of compassion for myself, I have plenty of overflow to share with others. I give from a full cup.

Today, with greater self-care and compassion, I can help others from a more empowered position. I am grateful for this newfound knowledge that benefits me and everyone else in my world.

## **Self-Reflection Questions:**

1. How can I show myself more self-compassion?
2. What do I need to do when I have slipped back into old patterns?
3. Who do I know that could use more compassion from me?