When you feel like you have fallen short, how do you practice self-compassion?

What Is Self-Compassion?

**Self-Kindness**
Be loving towards ourselves instead of self-critical.

**Common Humanity**
Everyone suffers. You are not perfect. No one is. You are not alone.

**Mindfulness**
Notice our struggle. Feel it, instead of being reactive. Be with it, avoiding self-judgment or overreaction.