

THEME:

"SELF COMPASSION AND FORGIVENESS"

~ By special contributor, Aneta Grabiec, The Wellness Designer



We do so much: Earning a living, taking care of our children, parents, and/or pets. Offering emotional support, running the household. Trying to do anything and everything for everyone, often being so exhausted and overloaded that we become forgetful or unable to complete all the tasks on our daily to-do lists.

It's time we acknowledge ourselves and instead of blaming ourselves for not doing things, or not achieving enough, or thinking we are messing up in areas, we offer ourselves forgiveness and compassion.

We hope this theme will help you to appreciate yourself for everything you are and do. May you give yourself permission to accept, acknowledge, and appreciate yourself for who you are.

We are here for you, for them.



MANTRA



"I AM SORRY,  
PLEASE FORGIVE ME,  
THANK YOU, I LOVE YOU"

Forgiveness, compassion and acceptance are the most powerful tools of healing. Healing the relationship with our overachieving and underappreciated selves and others is important. Please offer yourself the deepest healing with this mantra.



## MANTRA: "I SEE MYSELF"

"Sawubona," is an ancient Zulu greeting that means  
"We see you." It is equivalent to saying  
"Hello" and "Namaste."

I see myself.

I see my efforts.

I see my work.

I see what I bring into my family.

I see what I bring to the world.

I'm compassionate towards myself.

I see MYSELF.



## **ACTIVITY: "I SEE YOU"**

Appreciating ourselves and expressing self-love is the hardest but the most essential tool for living daringly. We can't fully offer nor receive love if we can't feel love and self-appreciation. Stand in front of the mirror and say courageously and honestly, 5 things you appreciate yourself for.

You can also practice with your family members and classroom. Stand in front of them, look into their eyes, and continue.

### **FOR YOURSELF**

1. I see and appreciate myself for...
2. I see and appreciate myself for...
3. I see and appreciate myself for...
4. I see and appreciate myself for...
5. I see and appreciate myself for...

### **FOR YOUR FAMILY AND CLASSROOM**

1. I see and appreciate you for...
2. I see and appreciate you for...
3. I see and appreciate you for...
4. I see and appreciate you for...
5. I see and appreciate you for...



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## ACTIVITY: LOVING KINDNESS RITUAL

Be of service with compassion to yourself with the loving-kindness ritual of making a "cup of self-enoughness."

Each of us needs daily self-rituals. One of them is making our favourite cup of tea or coffee. Use these few minutes of the day to serve yourself fully and use this mini-break as a loving kindness ritual. Slowly and mindfully enjoy every step of your favourite drink preparation. Every ingredient you put into it is to recognise and refill your personal self-enoughness.

You deserve to be rewarded for everything you are, do, and offer to others! Now, allow a few minutes just for yourself and indulge in every sip of that self-enoughness.



# POSITIVITEA



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