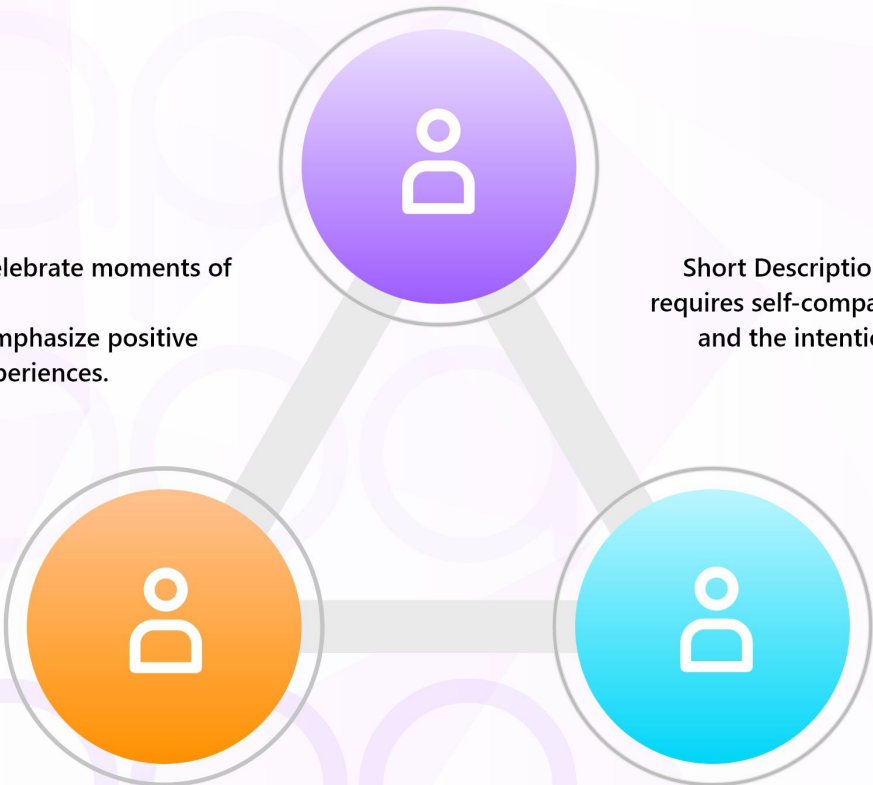


Go Easy on Yourself

Embracing self-compassion and focusing on joyful experiences enhances spiritual well-being. This approach includes positive affirmations, sincere apologies, and maintaining a balanced approach to self-care.

A diagram consisting of three interconnected circles. The top circle is purple and contains a white person icon. The bottom-left circle is orange and contains a white person icon. The bottom-right circle is cyan and contains a white person icon. The circles are connected by a light gray triangular frame.

Be Present: Enjoy and celebrate moments of joy.
Focus on Positives: Emphasize positive aspects of experiences.

Short Description: Spiritual self-care requires self-compassion, self-forgiveness and the intentional pursuit of joy.

Accept Shortcomings: Take responsibility without self-abuse.
Respond to Mistakes: Your response to mistakes defines you.
Balanced Choices: Follow the 80/20 rule for self-care.

Top 10 Teaching Points

1

The ABCs of Joy are Anticipating pleasurable moments before they happen, Be Fully Present for the moment, and Celebrate feelings of joy when they happen.

2

Focus on the positives of an experience rather than the negatives.

3

Set a "Joy Sparker" alarm for once a day.

4

Avoid dismissive phrases and learn to make genuine apologies.

5

Take responsibility and accept your shortcomings without abusing yourself.

6

Reframe negative self-talk with releasing statements.

7

Don't confuse self-compassion for making excuses.

8

Your mistakes don't define you, but how you respond may.

9

Follow the "80 Healthy/20 Indulgent Choices Rule" to not overdo your spending on self-care routines.

10

If you're well-rested, well-nourished, and generally good most days then you probably have a good spiritual self-care balance.

KEY

TAKEAWAYS

01 | Practice self-compassion and forgiveness

02 | Reframe negative self-talk

03 | Balance Self-Care with Moderation

04 | Cultivate Joy Intentionally

05 | Communicate Effectively and Genuinely