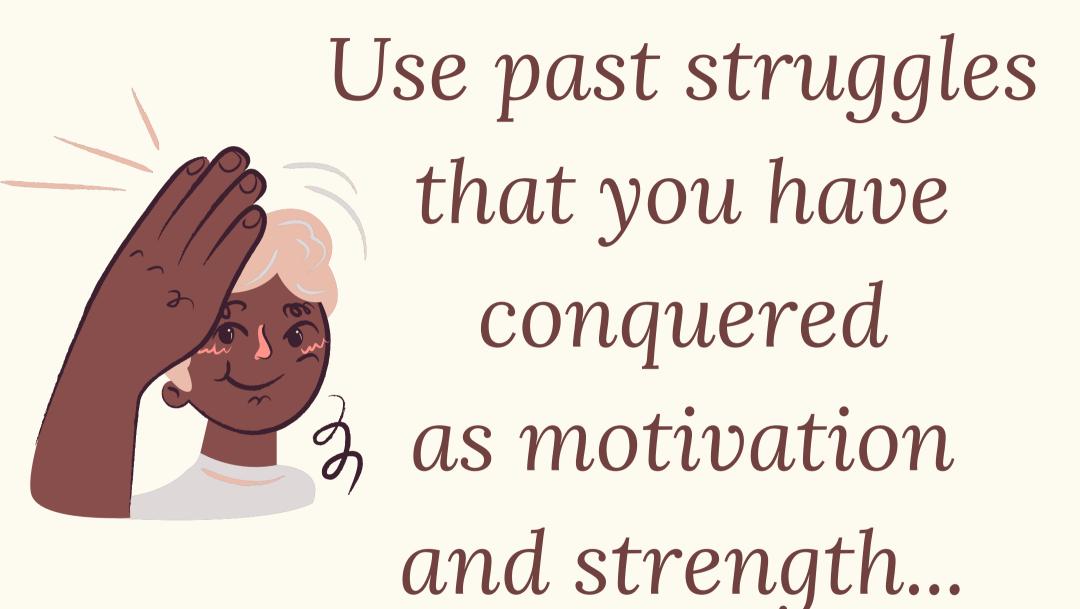
### Easy Steps WWW.BLACKMOMSCORNER.ORG

to practice Self-Compassion



## Speak to yourself like you would speak to a friend...





# Give yourself permission to be imperfect...



### Remind yourself that you are human...



## Accept who you are and where you are in life...