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# *Easy Steps*

WWW.BLACKMOMSCORNER.ORG

to practice **Self-Compassion**





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



*Use past struggles  
that you have  
conquered  
as motivation  
and strength...*



*Give yourself  
permission  
to be  
imperfect...*



*Remind yourself  
that you  
are human...*



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