



Helping Dost

Your Space To Talk, Heal & Grow

A Little Kinder to Myself

A self-care kit for more compassion, patience and kindness especially when life feels overwhelming.

We all have moments when we are hard on ourselves. This journal is a gentle reminder that you deserve the same kindness you give to others. It's a space to slow down, reflect, and be a little kinder to yourself.

You are enough,
exactly as
you are.



Before we begin...

Take a moment to check in with yourself.



Right now, I feel...

One word that describes my day is...



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My Inner Voice

We all have an inner voice. The way we talk to ourselves, let's notice what yours sounds like and make it kinder.

1 What does my inner voice say?

Tick the phrases that sound familiar, or add your own.

- ☐ I am not good enough.
- ☐ I always make mistakes.
- ☐ I should do more.
- ☐ I am too sensitive.
- ☐ I don't know what I'm doing.
- ☐ I'm not as good as others.
- ☐ I can't do this.
- ☐ Other: _____

! Your inner voice matters. Make it kind.

2 Let's reframe

Choose one unkind thought from above and rewrite it in a kinder, more supportive way.

Instead of...



I can tell myself...

3 A kind reminder

Write a few things you want to remember when you're feeling hard on yourself.

Be as kind to yourself as you would be to a good friend.



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Celebrating My Strengths



You are so much more than your mistakes, struggles or worries,
Take a moment to notice what makes you, you.

1

My strengths

Tick the qualities that feel true for you, or add your own.

- | | |
|-------------------------------------|---------------------------------------|
| ☐ Kind | ☐ Patient |
| ☐ Brave | ☐ Funny |
| ☐ Creative | ☐ Resilient |
| ☐ Thoughtful | ☐ Caring |
| ☐ Determined | ☐ Open-minded |
| ☐ Helpful | ☐ Other: _____ |

You have so many amazing strengths!

2

My happy moments

What are some things, big or small, that make you feel good about yourself?

3

I am proud of...

Write about something you have done, achieved or overcome, even if it feels small.



You are doing better than you think.
Your journey matters.



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A Kinder Daily Practice

Self-kindness isn't just about big moments, it's also in the small, everyday things.
Let's create a few habits that help you feel more supported.

1

Self-care check-in

How are you taking care of yourself right now?

- ☐ I get enough rest.
- ☐ I eat well.
- ☐ I make time for things I enjoy.
- ☐ I talk to someone I trust.
- ☐ I take breaks when I need to.
- ☐ Other: _____

2

Small acts of kindness

What are a few kind things you can do for yourself, this week?

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

3

When I'm feeling low...

What can I do to be kinder to myself in those moments?

4

My self-care promise

Write one thing you promise to do for yourself.



You deserve the same care and kindness
that you give to others.



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A Letter to Myself



This is a space for you to write, reflect and remind yourself of all the good things you carry within.

1 Dear Me... ♥

Write a kind letter to yourself. You can share what you are feeling, what you need or simply offer words of support.



2 When I feel overwhelmed... ♥

What do I want to remember?



3 A future me ♥

What do I want to keep in mind as I move forward?



4 My gentle reminder ♥

Write one sentence you want to tell yourself, whenever you need it.



You are doing your best.
And that is enough. ♥



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This is a self-help resource and not a substitute for professional support. If you need help, please reach out to Helping Dost or a trusted person.

♥ You are not alone.