



7. SHOW COMPASSION

Sometimes, as a result of our own upbringing as well as all the challenges and hardships we experience in life,

it's easy not to notice when we become critical of ourselves and others.

This criticism might seem like it's coming from a "good place,"

but at the end of the day, being KINDER and more compassionate to yourself and those around you,

will be infinitely more helpful and motivating to everyone involved.

Also, we never truly know what someone has been through

and what they may be going through now.

Nor can we see the WHOLE "picture" and all the reasons why things are the way they are.

So, please make sure to use compassion in place of any automatic judgment, whether it's towards yourself or someone else.



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