



Cherish Yourself

Reach to your Inner Voice

Goal: Turn down the volume of your negative inner voice, or add a filter, by creating a nurturing inner voice to take its place. Try to remember that every day is a fresh start.

[Tip]: Reframe negative thoughts like, “I didn’t get enough done today” into more positive thoughts like, “I was busy today, but I will try again tomorrow.”

Why is this important? It is important to take care of yourself, so you can also provide effective support for others.

References: Hill, Z., Spiegel, M., & Gennetian, L.A. (2020) Pride-based self-affirmations and parenting programs. *Frontiers in Psychology*, 23. <https://doi.org/10.3389/fpsyg.2020.00910>