

6 Ways to Show Yourself Mercy

Right NOW!



Drink a glass of water



Reflect on the good you have done in the last three days and give yourself a pat on the back!



Write a thank you note to who you were five years ago, thank them for the choices they made that have blessed your life today.



Repeat, "I will praise [God] for I am fearfully and wonderfully made!" Psalm 139:14



Pray to God and ask Him what you are doing right! Don't be skeptical and listen.



Carefully read these words from Maya Angelou, "Forgive yourself for not knowing what you didn't know before you learned it." What do you need to forgive yourself for? Start the process.

Blessed are the merciful, for they shall obtain mercy.