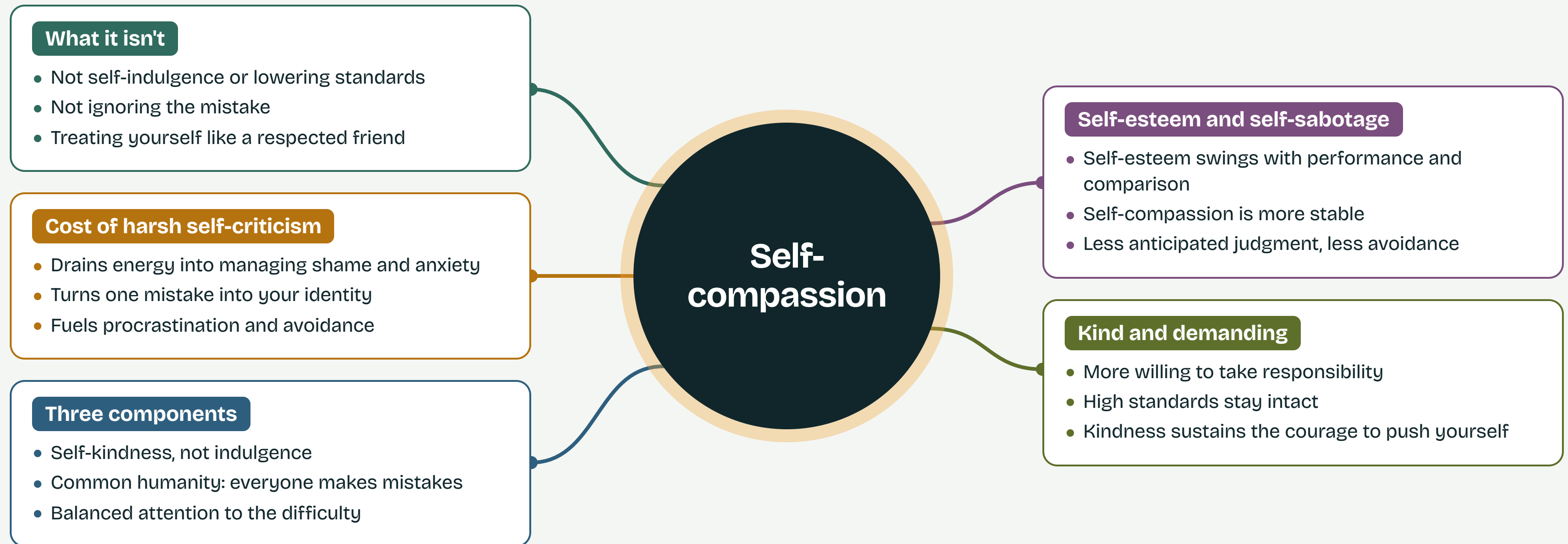


Self-compassion: high standards without self-sabotage



Action plan

1

Separate the facts from the judgment after a mistake

2

Talk to yourself as you would to a respected colleague

3

Swap condemnation for the question: what will I adjust?

4

Recognize the effort, not just the result

Key takeaway

Self-compassion doesn't lower the bar: it lifts the weight of condemnation and keeps the courage to aim high.