How to Connect with Me:
www.RachelSimmons.com
@racheljsimmons
www.facebook.com/rachel.simmons
Instagram: racheljsimmons
Brave is about what you believe as much as about what you do.

Brave is about what happens afterwards as much as what happens in the moment.

Brave is what you know about yourself as much as what you want from the world.
On a blank sheet of paper, complete these prompts:

If I know nothing about myself, I know that I am:

1.

2.

3.
Now, jot down a time when you DID NOT exemplify these qualities:

1.

2.

3.
How does society expect a “Good Girl” to look and act?
“Good Girl”
Gender & Resilience
Steps for Self-Compassion

1. Mindfulness
2. Self-Kindness
3. Common humanity

Source: Dr. Kristin Neff
Mindfulness Examples

This sucks.
I feel really sad about this.
I am having a tough day.

Source: Dr. Kristine Neff
Self-Kindness Examples

• *I did the best I could.*
• *The school approved every step I took in advance.*
• *I learned a lot from the experience.*

• *Hint: How would you talk to your best friend in this situation?*
Common Humanity Examples

- Lots of consultants I know have been let go – it’s part of life as a consultant.
- A lot of consultants I know don’t have as much work as I do.
- I am not alone.

Source: Dr. Kristine Neff
Self-Compassion Exercise

At the top of your page, write down one thing you are struggling with.

Now, follow the 3 steps:

• Mindfulness (acknowledge – but don’t deny, don’t get crushed)
• Self-Kindness (how would you talk to a best friend?)
• Common Humanity (are others facing similar situations?)