

Why do we have so much more
grace to other people than we
do to ourselves?



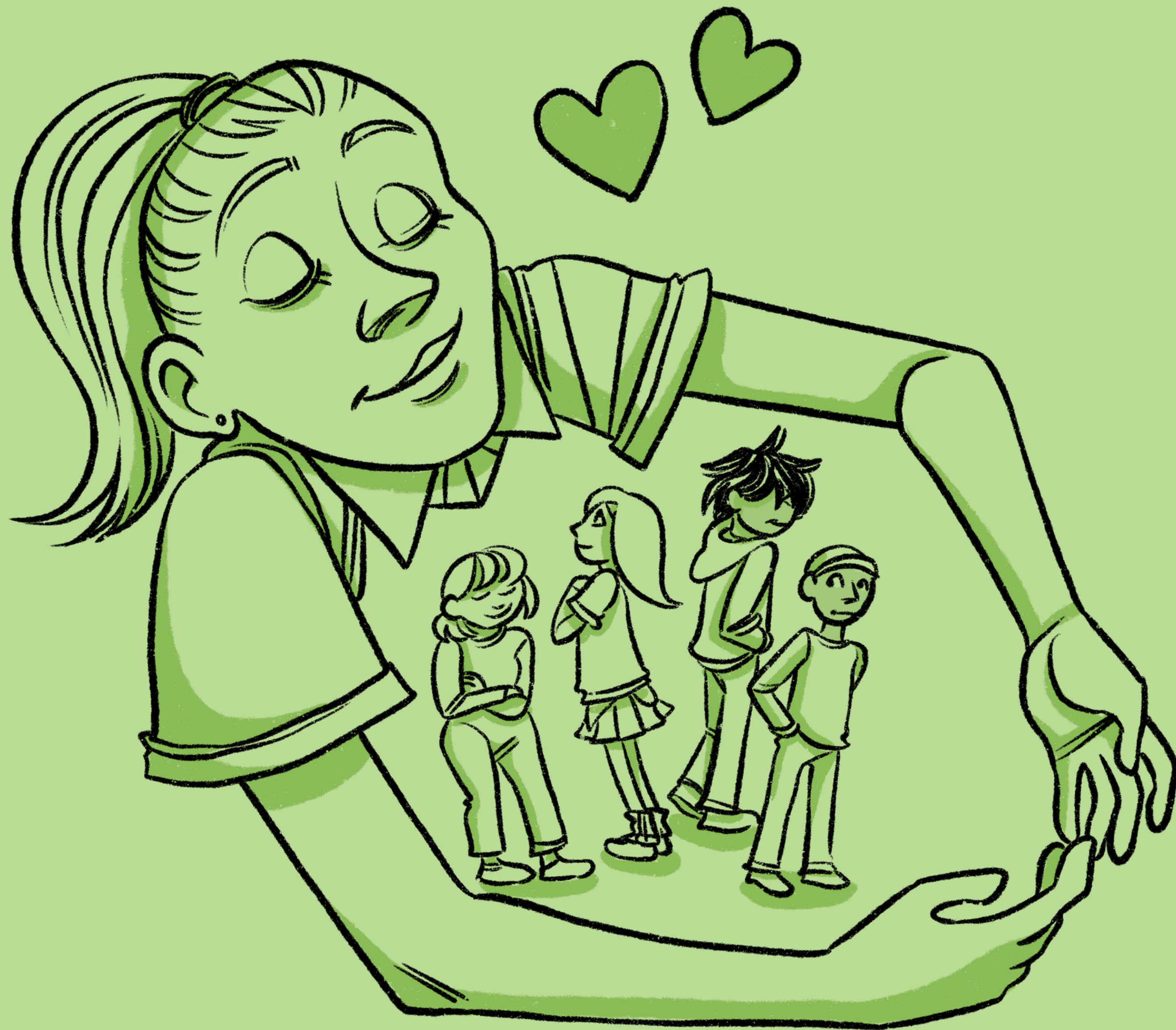


You could have
a friend who's
upset that
they got a
bad grade, +
have no problem
telling them
that everybody
messes up
sometimes +
that they'll be
okay.

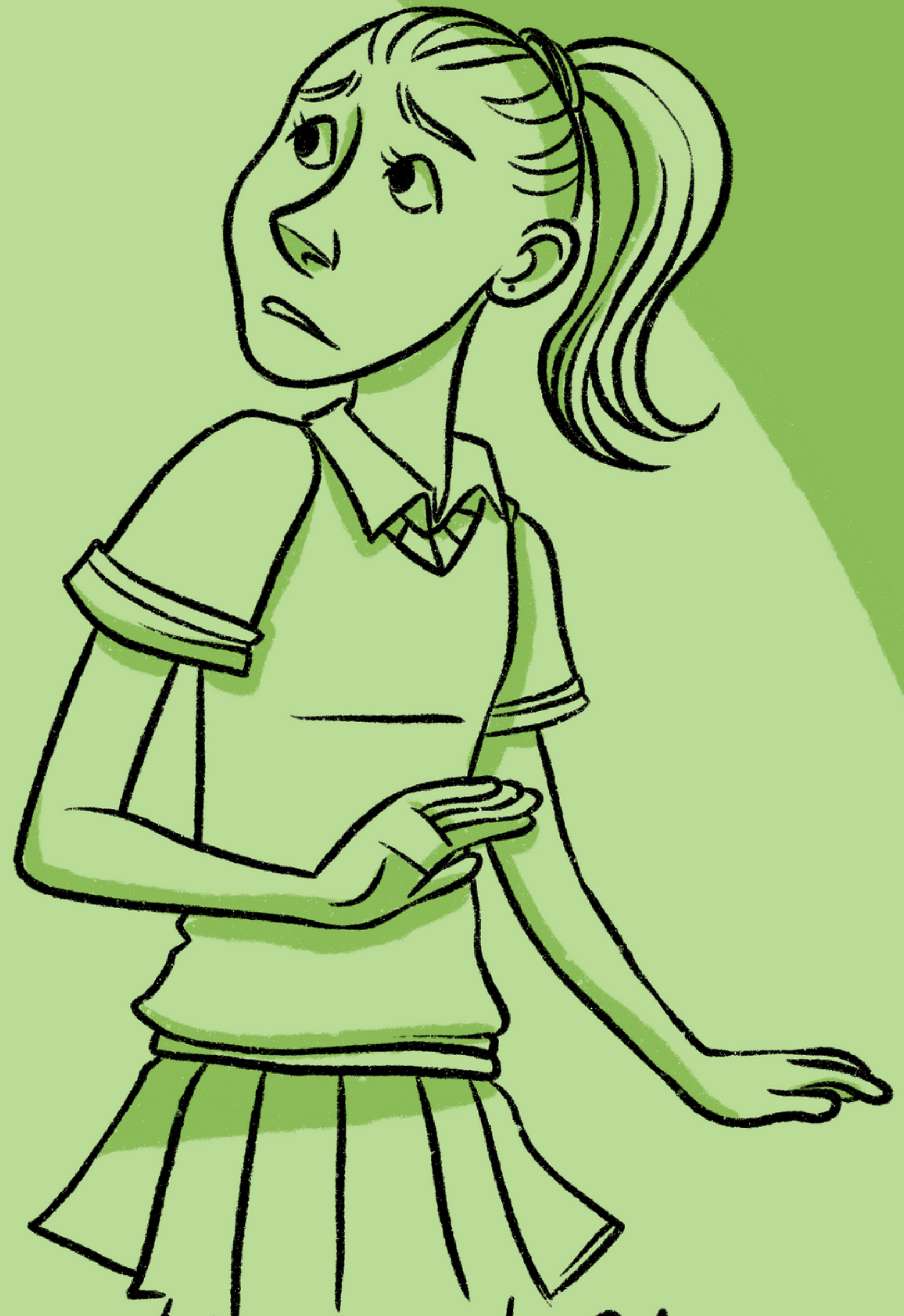
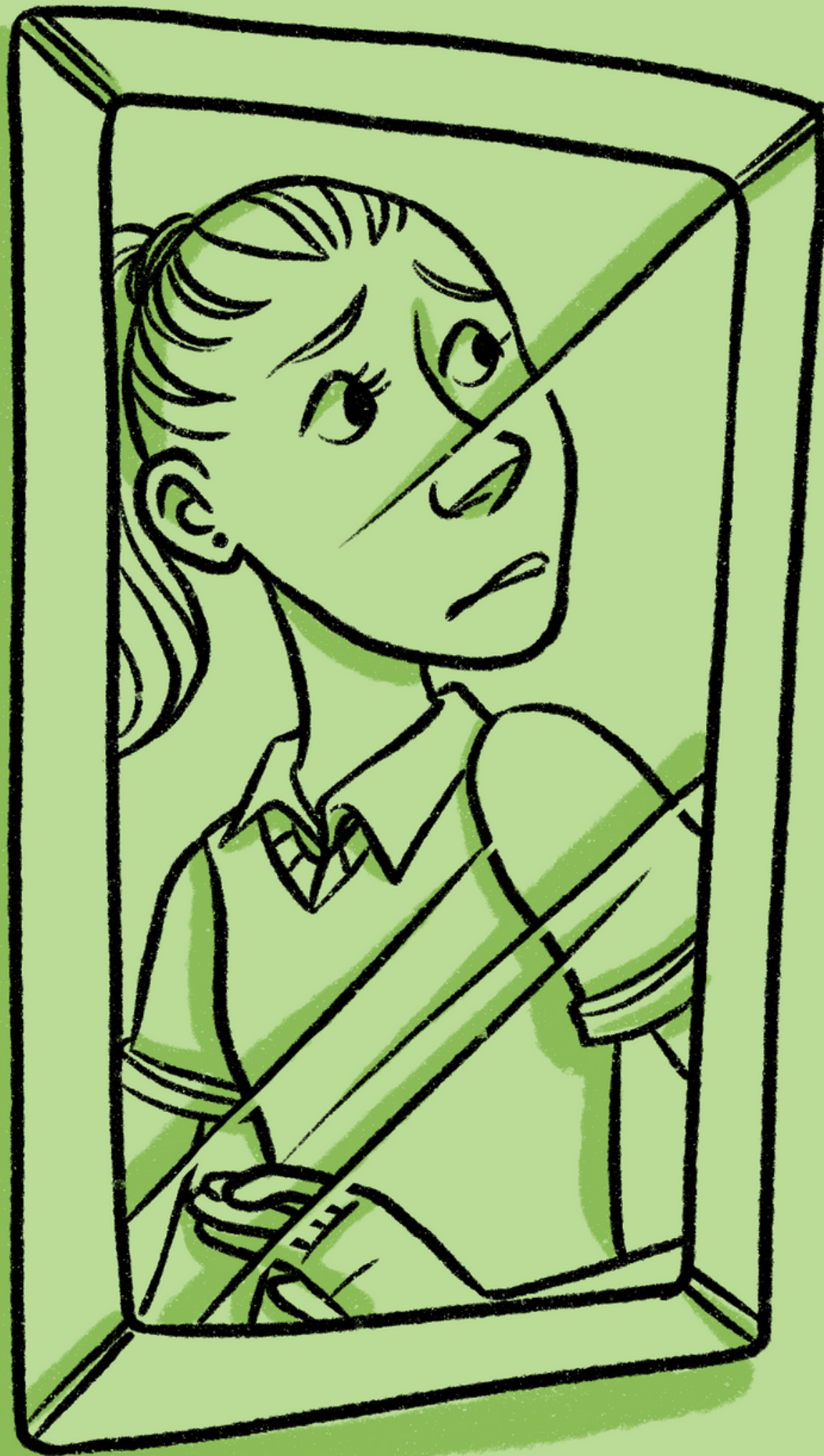


You can comfort them + mean
what you say easily.

It's relatively easy to express that level of grace to other people.

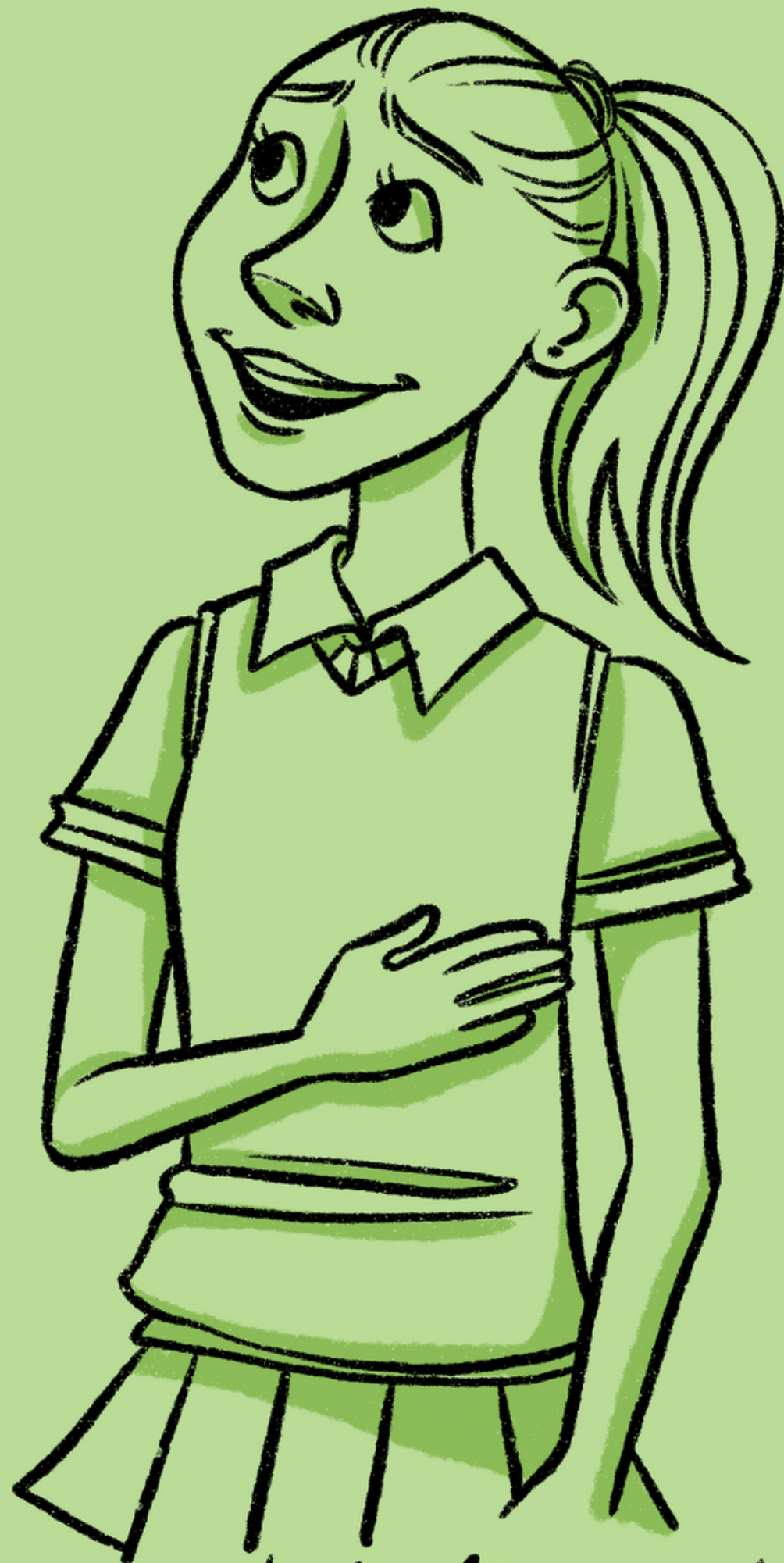


To ourselves though...



... That's another story.

It's always this weird internal argument.



"It's totally cool if you make mistakes, no worries!"



"Not me, though."

It's a thing to pay attention to,
to dig into. You are not a
"grace exception."



There is self-worth work to
be done, and giving yourself a
little grace is the first step.