



# ALEXIA HARRIGAN

MIND/BODY HEALTH COACH

## SELF-COMPASSION

Self-compassion is caring for yourself like you would a good friend. Being kind to oneself.

How can you show kindness to yourself today?

EMBRACE YOUR FUTURE.  
RECLAIM YOUR HEALTH.

FRUSTRATED?  
EXHAUSTED?  
OVERWEIGHT?

I help  
postpartum/postnatal  
moms become  
**EMPOWERED** to **THRIVE**  
and **EMBRACE** the  
**TRUTH** that they **CAN**  
be a good mom **AND**  
take care of yourself.

Ready to get started?

**LET'S CHAT!**

contactme@alexiaharrigan.com  
www.alexiaharrigan.com

## IMAGINARY FRIEND EXERCISE

### Which imperfection makes you feel inadequate?

Write about an issue that tends to make you feel inadequate or bad about yourself. What emotions arise? Be sure to **ONLY** take note of those feelings. No judgement.

### Write a letter to yourself from the perspective of a loving imaginary friend

As you write, think of how your compassionate, loving friend, knowing all of your strengths and weaknesses, would respond to the perceived inadequacies that you just listed.

- Would they judge you as harshly as you do?
- What would they say to encourage you?
- If you think that they would suggest possible changes you should make, how would the suggestions communicate unconditional love, acceptance and compassion?

### Feel and embody the compassion

After you have completed your letter, put it down for a while and then read it later. While reading, embrace the compassion, love and acceptance that you have extended to yourself. You are worth loving, you are accepted and you are valuable.

"Caring for your family by caring for yourself."

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