



Sibella Circle Member & Visionary Leader

DIVE INTO SELF-DISCOVERY

Step Up Your Compassion Game

By Creative Katrina

In a busy world, a thoughtful, loving act of compassion often gets pushed to the back of our lives.

There are bills to pay, family members to cart around, cell phones sucking our attention, and countless other distractions. Not many of these things offer an opportunity for us to stop, catch our breath, and express a bit of compassion for ourselves or another.

Holidays, special occasions, or in the midst of heart-breaking tragedies, a surge of compassion often rises up in the collective consciousness, reminding us of our short life span and what really matters. Yet, how often do we take time to dig into what we see as compassionate care, understanding, and support, then actually practice it daily?

The truth is, it takes patience and courage to express compassion, especially for yourself, and that is not always timely, convenient, or easy to accomplish. In addition, the desire to be compassionate can often be much stronger than our willingness to make the changes it requires to reach out, which is why stepping up our compassion game can be a challenge.

Personally, I sometimes struggle with providing the same level of compassion for myself that I quickly drum up for others. It's easy for me to step in and say, "How can I help?" or "Where do you need support?", but I'm often stingiest with myself if I'm not mindful. Some of it has to do with the nature of being an empath and learning how to work with my specific sensitivities, but a key reason is that I had to learn how to be compassionate towards myself once I was an adult. As a child I was taught to be tough, power through and keep moving. While these are great behaviors and traits, when put in the context of outwardly expressed compassion, they lead to burnout and an empty inner tank.

Everyone has a unique way they define, accept, and share compassion, and it's a key part of our self-expression. When we look at how we do (or do not) express compassion in a deeper way, it becomes easier to find little pockets throughout the day to share some or take it in. A compassionate act can be as simple as holding a door open for a young mom, or as big as a long standing volunteer gig. We can also harness the vast community power of the internet to share a few kind words of support to a friend or stranger.

To practice more consistent self-compassion, be mindful of ending the day with a few loving thoughts or gratitude for a kindness someone showed you. Also cut yourself some slack on days when the mind says "go", but the body and heart say please slow down, rest, and be still.

When it comes to the world outside of us there will always be chaos to manage, so do something within your control - the ability step up your compassion game.

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*The attraction of **our** Light connected with the essence of **your** Light! And so it is ...*