



### Today's Tip

## Be Kind to Yourself Today

When you're a leader facing decisions that have a major impact on people's lives and livelihoods, it's easy to feel fear and self-doubt and to start beating yourself up. But self-compassion will serve you much better, and if it doesn't come naturally, it's a skill you can practice. Try a brief mindfulness exercise — it could be as short as 20 seconds. (In fact, you can even try it as soon as you finish reading this newsletter.) Take three deep breaths. On the first breath, notice how you're feeling. On the second breath, remember that you aren't alone, that other leaders are going through similar challenges. And on the third breath, ask yourself, "What would it look like to be kind to myself right now?" Try to answer that last question the same way as a friend or mentor would. Then take your answer and put it into practice. As a leader, part of your job is uplifting others — so why not start with yourself?

**This tip is adapted from ["Self-Compassion Will Make You a Better Leader,"](#)**  
by Rich Fernandez and Steph Stern

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