

# **LIMITING BELIEF #11:**

**I Don't Give Myself The Love,  
Compassion, and Understanding  
I Give To Others**

## **Worksheet**

Why is it often easier to be compassionate and loving toward others rather than yourself?

Why do you believe that you're not worthy of love, compassion, grace, and understanding?

What are some of the negative effects of feeling like you're never doing enough?

Why is it so important to allow yourself to not be perfect?

What are some ways you can be loving and understanding toward yourself today?