

BE KIND TO YOURSELF

This post will be a bit unexpected.

This whole sport thing is about learning about ourselves and reaching our potential. So rather than just treating ourselves the way we always have, how about taking a step back and really spending some time being kind to yourself. What? What was that? Yes, you read it correctly. Spend some time being kind to yourself.

If you want to reach your potential. If you want to dig deep and become the best you can possibly be. Then, you had better learn to be nice to yourself. People who keep pushing their limits have to learn to reign in the way they talk to themselves. They naturally tend to be super driven. This works to an extent, but to get to that next level, one of the strategies high performers work on is learning to be kind and supporting themselves when they fail.

Why would you want to do that? Because striving is hard. Sometimes, most times if we are being honest, it hurts. Badly. Being your own best friend allows you to stay committed to your goals, pick yourself up more quickly and take risks when you are in games.

What exactly does this mean? Try asking yourself, “What do I need right now?” Or “How would I treat my buddy if they were dealing with this?” What is interesting is the answer is often different than how we are treating ourselves. We have no trouble berating ourselves and questioning if we even belong but there is no way we would ever treat our buddy that way. Why? Because it is not what they need. It will not make them better. And we would feel like a jerk. So why then do we treat ourselves that way? When life is getting us down and we are struggling, do we really think kicking ourselves will help us get better?



For more information on this topic, and for tools to help you be kinder to yourself, visit selfcompassion.org. Kristin Neff has tons of great resources to help us develop in this area, which she calls self-compassion.

