

PREPARATION PHASE
Action-Able Exercise P2:
How would you encourage your friend?

Develop compassion for yourself by imagining you're supporting a friend who's hit a setback and feels hopeless. What would you say to encourage your friend to return to the challenge?

Next, write a note or make a voice recording on your phone offering support to yourself for the resolution you're working on. Read or listen to this encouraging message regularly to help you persist.
