



Be Kind to Yourself



KEYS TO KINDNESS

*A Gentle Journey of
Self-Compassion and
Everyday Care*



You are
worthy of
kindness
always.



Be kind to
every living thing...
including you.



PAUSE ♥ SOFTEN ♥ BREATHE ♥ BE KIND



Welcome

You are so glad you are here.

Life can be beautiful and challenging all at once.
It is easy to show kindness to others while
forgetting to offer it to ourselves.

This little journey is an invitation to gently
turn inward and remember that you, too,
are worthy of compassion, understanding,
and care.

These Keys to Kindness are not rules.
They are gentle reminders—doorways
you can return to whenever you need
a soft place to land.

Open to any page that calls to you.
Read slowly. Reflect. Breathe.
Let these words be a loving conversation
between you and your heart.



*Where kindness lives within,
peace blossoms without.*



*Be kind to every living thing...
including you.*

PAUSE ♥ SOFTEN

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BREATHE ♥ BE KIND



The Keys Within These Pages



Part One: Understanding Kindness



-  **Page 1:** What Does It Mean to Be Kind to Yourself?
-  **Page 2:** Speak to Yourself Kindly
-  **Page 3:** Give Yourself Grace
-  **Page 4:** Forgive Yourself for Being Human



Part Two: Practicing Kindness



-  **Page 5:** Rest Without Guilt
-  **Page 6:** Care for Your Body with Kindness
-  **Page 7:** Allow Yourself to Feel
-  **Page 8:** Notice What Is Going Well
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Part Three: Returning to Kindness



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*You do not need every key every day.
Trust yourself. Open to the key that is calling to you.*

PAUSE ♥ SOFTEN



BREATHE ♥ BE KIND





PART ONE

Understanding Kindness



Before we practice kindness,
we begin by understanding it.
These first keys help us see
what kindness looks like within.

*When we understand
kindness, we awaken
the ability
to offer it to ourselves
with love.*



PAUSE ♥ SOFTEN



BREATHE ♥ BE KIND



What Does It Mean to Be *Kind to Yourself?*



Kindness toward yourself
does not ask you to be perfect.

It invites you to meet
yourself with gentleness.

To speak kindly.
To rest when you are tired.
To remember that being human
includes difficult days.

Perhaps kindness
begins here:

*Can I be a little softer
with myself today?*



Reflection



What does kindness
toward myself feel like?

What is one small way I could
be kinder to myself today?



PAUSE



SOFTEN



RETURN GENTLY



BE KIND



Speak to Yourself Kindly

The words you speak
to yourself matter.
You are listening.

If you make a mistake,
feel discouraged, or have
a difficult day, notice
your inner voice.

Would you speak to
someone you love this way?

Perhaps today, you can
offer yourself gentler words.

A softer voice.
A kinder response.
A little more understanding.



Reflection

✿ What words do I most
need to hear today?

.....

✿ How can I speak to myself
with greater kindness?

.....

*Speak gently
to yourself.*



*You are worthy
of kindness.
especially from
yourself.*



PAUSE



SOFTEN



RETURN GENTLY



BE KIND



Give Yourself Grace



Some days go smoothly.
Some days do not.

You will make mistakes.
You will forget.
You will have moments
when you feel tired,
discouraged, or overwhelmed.

Grace gently reminds you:

You are still worthy
of kindness.



Reflection



Where might I offer
myself more grace today?

What would it feel like
to let go of needing to
be perfect?



PAUSE



SOFTEN



RETURN GENTLY



BE KIND



Forgive Yourself for Being Human

You will make mistakes.
You will have difficult days.
You will sometimes forget
what you know.

This is not failure.
This is part of being human.

You do not have to earn
your humanity.

You already belong here.



Reflection

What part of being human
am I having difficulty accepting?

What might I forgive
myself for today?



PAUSE



SOFTEN



RETURN GENTLY



BE KIND





PART TWO



Practicing Kindness



Kindness is
not a destination.
It is a way of
meeting yourself,
one gentle moment
at a time.



PAUSE



SOFTEN



RETURN GENTLY



BE KIND





Rest Without *Guilt*



You do not have to earn rest.

Your body and mind need
moments of stillness.

Rest is not laziness.

It is care.

Sometimes the kindest thing
you can do is pause, breathe,
and simply be.

You are allowed to
slow down.



Reflection



 What would rest look like
for me today?

.....

 What makes it difficult
for me to rest?

.....



PAUSE



SOFTEN



RETURN GENTLY



BE KIND





Care for Your Body *with Kindness*



Your body has carried you
through every season of your life.

Some days it feels strong.
Some days it asks for rest.

Kindness begins by listening.

A nourishing meal.
A deep breath.
A few moments of movement.
An early bedtime.

Small acts of care matter.



Reflection

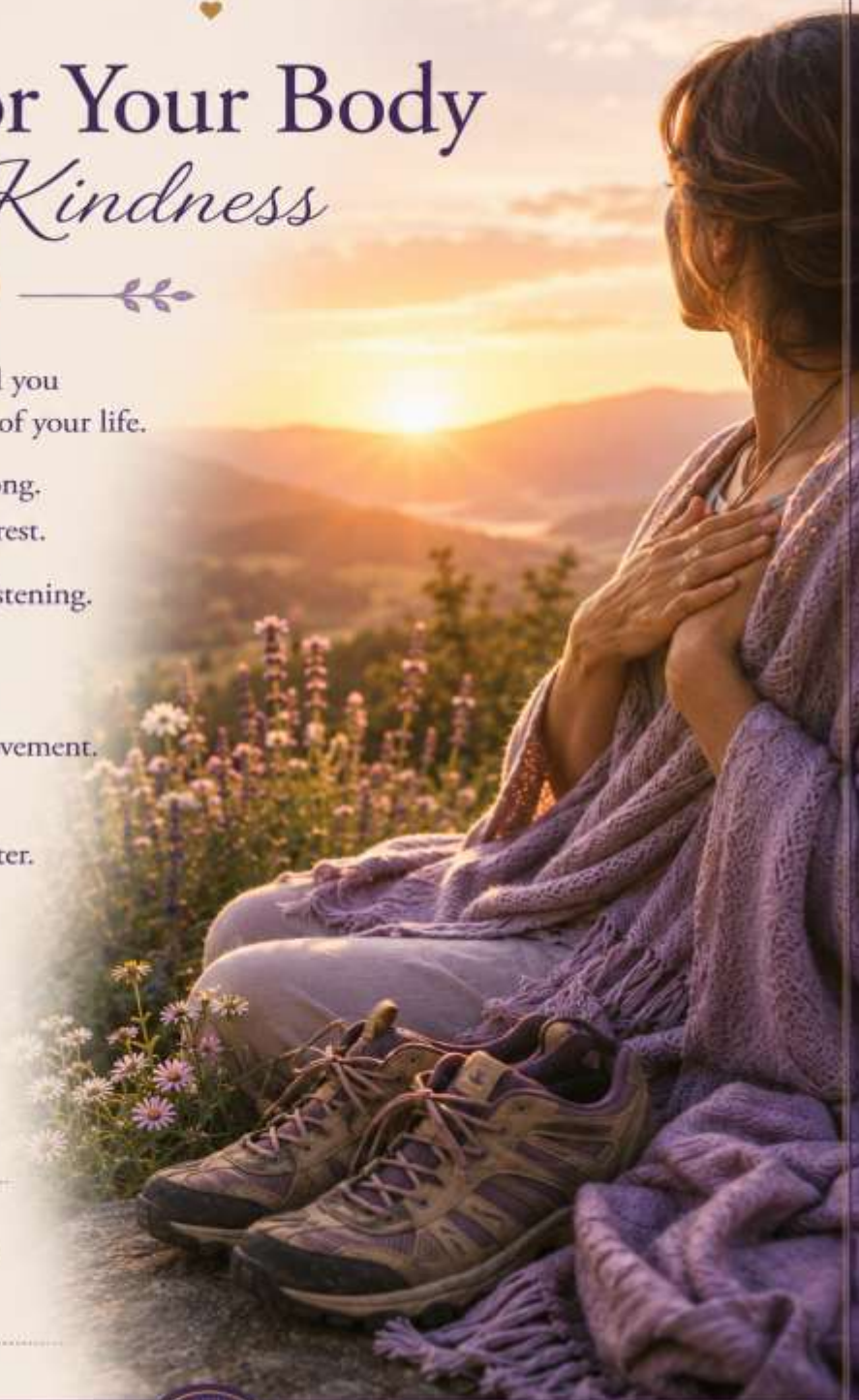


What is my body
asking for today?

.....

What is one kind thing
I can offer my body?

.....



PAUSE



SOFTEN



RETURN GENTLY



BE KIND





Allow Yourself to Feel



Every feeling has
something to say.

Joy.
Sadness.
Fear.
Excitement.

You do not need to push
your feelings away or rush
to fix them.

Kindness gently says:

Pause. Listen.
Make room for what you feel.



Reflection



What feeling is asking
for my attention today?

.....



How can I meet this
feeling with kindness?

.....



PAUSE



SOFTEN



RETURN GENTLY



BE KIND





Notice What Is Going Well



Not every moment is easy.

Yet even on difficult days,
something gentle may still
be present.

A kind word.

A moment of laughter.

A beautiful sunset.

A deep breath.

Kindness invites you to notice
the small things that support
your heart.



Reflection



What is one thing
that is going well right now?

.....



What small moment of
goodness can I appreciate today?

.....



PAUSE



SOFTEN



RETURN GENTLY



BE KIND





Receive Kindness *from Others*



You do not have to
do everything alone.

Kindness may arrive through
a caring word, a helping hand,
a warm meal, or someone who
simply listens.

Receiving kindness is
not weakness.
It is connection.

Let yourself be supported
when support is offered.



Reflection

Where am I being invited
to receive kindness?

.....

What makes receiving
kindness difficult for me?

.....



PAUSE



SOFTEN



RETURN GENTLY



BE KIND





Do One Loving Thing for *Yourself Today*



Kindness often lives
in small moments.

A walk.
A favorite song.
A few quiet breaths.
Time in nature.
A phone call with
someone you love.

You do not need to do
everything.

Perhaps today, you need
only one loving act of care.



Reflection

What is one loving thing
I can do for myself today?

What small act of kindness
would nourish my heart?



PAUSE



SOFTEN



RETURN GENTLY



BE KIND



Thank Yourself

Pause for a moment.

Think of all you have carried.
All you have learned.
All the ways you continue
to begin again.

Thank yourself for showing up.
Thank yourself for trying.
Thank yourself for being here.

Perhaps kindness sometimes
sounds like:

*Thank you, dear one.
We have come this far together.*



Reflection

What is one thing
I appreciate about myself today?

What would I like
to thank myself for?



PAUSE



SOFTEN



RETURN GENTLY



BE KIND

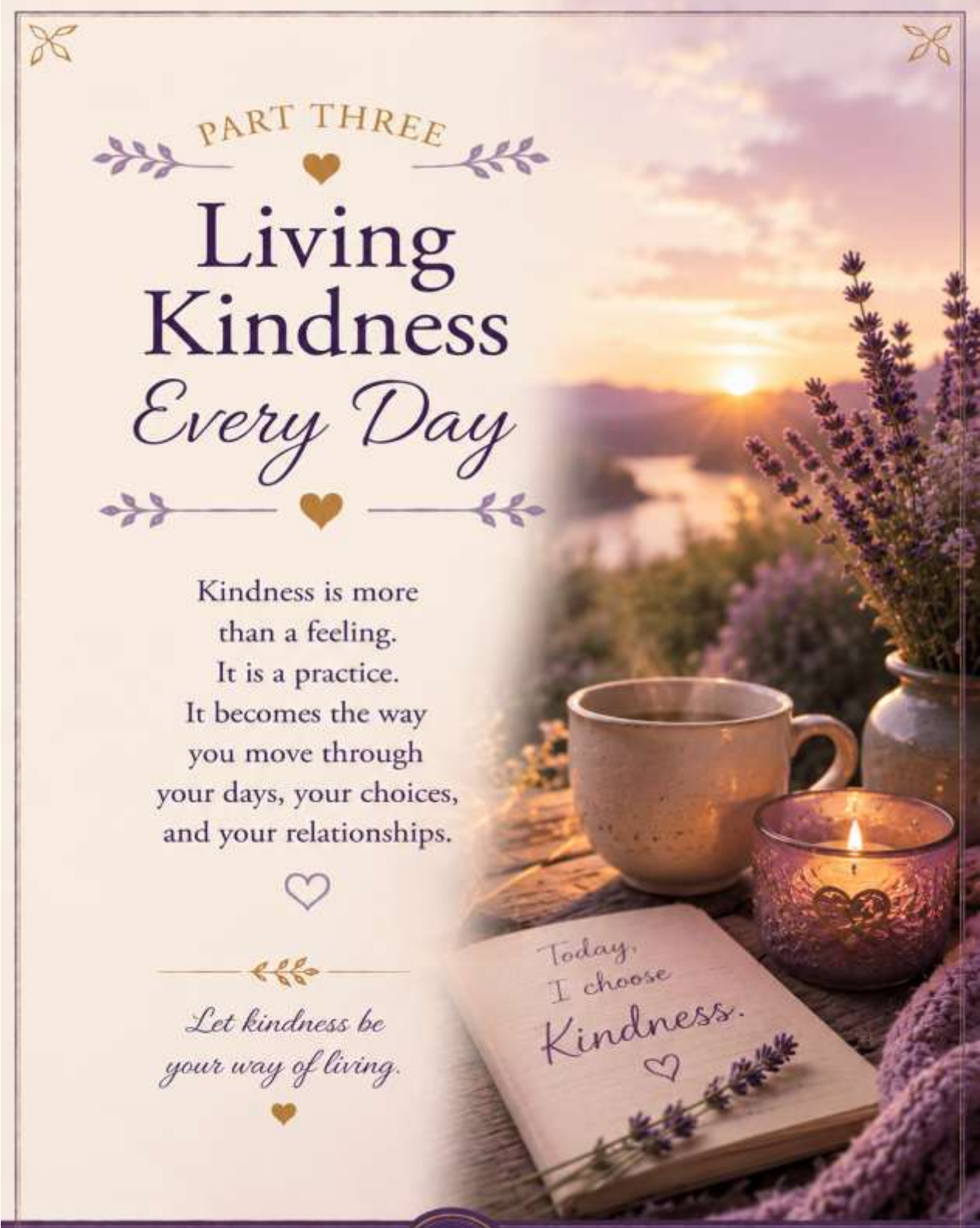




PART THREE



Living Kindness *Every Day*



Kindness is more
than a feeling.
It is a practice.
It becomes the way
you move through
your days, your choices,
and your relationships.



*Let kindness be
your way of living.*



Today,
I choose
Kindness.



PAUSE



SOFTEN



RETURN GENTLY



BE KIND





Morning Kindness Practice



Before the day asks
anything of you, pause.

Take a slow breath.

Place your hand over your
heart and remember:

This is a new morning.

*I do not have to carry
yesterday into today.*

*I can begin again
with kindness.*



Reflection



What quality of kindness
do I most need today?

.....

How would I like to
meet myself today?

.....



PAUSE



SOFTEN



RETURN GENTLY



BE KIND





Midday Kindness Reset



Even if the morning didn't go
as planned...

Even if you've been stressed,
overwhelmed, impatient, or
hard on yourself...

You can begin again.



Pause for a moment.

Take a slow breath.

Give yourself some kindness.

Place your hand on your heart
with the thought of sending
yourself kindness.

Reflection



How can I offer myself
kindness in this moment?

.....



What would help me feel
more supported right now?

.....



PAUSE



SOFTEN



RETURN GENTLY



BE KIND



Bedtime Blessing

As this day comes to a close, pause.

Take a slow breath.

You do not need to carry
everything into tomorrow.

Release what is unfinished.

Soften around what was difficult.

Place your hand over your heart
and gently say:



I offered myself kindness and rest.

Reflection

✿ What am I ready to release
that doesn't serve me?

.....

✿ What can I appreciate about
myself before I sleep?

.....



PAUSE



SOFTEN



RETURN GENTLY



BE KIND





Self-Reiki for Kindness



Place your Reiki hands where
they feel naturally drawn.

Perhaps over your heart.

Perhaps over your belly.

Perhaps gently on your cheeks.

There is nothing to fix.

Simply rest with yourself
for a few moments.

Let your hands become
a reminder:



*I am here.
I offer myself kindness.*

Reflection



Where do my Reiki hands
feel drawn today?



What do I notice when I offer
myself Reiki with kindness?



PAUSE



SOFTEN



RETURN GENTLY



BE KIND





Compassion Coherence Breath



Pause for a moment.

Place your hand over your heart.

Breathe in slowly.

Breathe out gently.

Imagine breathing kindness
into your heart and breathing
softness through your body.

There is nowhere to go.
Nothing to fix.

For this moment,
simply breathe
and be kind to yourself.



Reflection



How do I feel after
a few slow, kind breaths?

What changes when I
breathe with kindness
and compassion?



PAUSE



SOFTEN



RETURN GENTLY



BE KIND





Sacred Sound and Kindness



Sound has a way of
reaching places words cannot.

Hum softly.
Listen to music.
Ring a chime.
Sit in the silence that follows.

Let the vibration
soothe your heart
and calm your mind.

Sometimes kindness
arrives as sound,
quiet, and presence.



Reflection

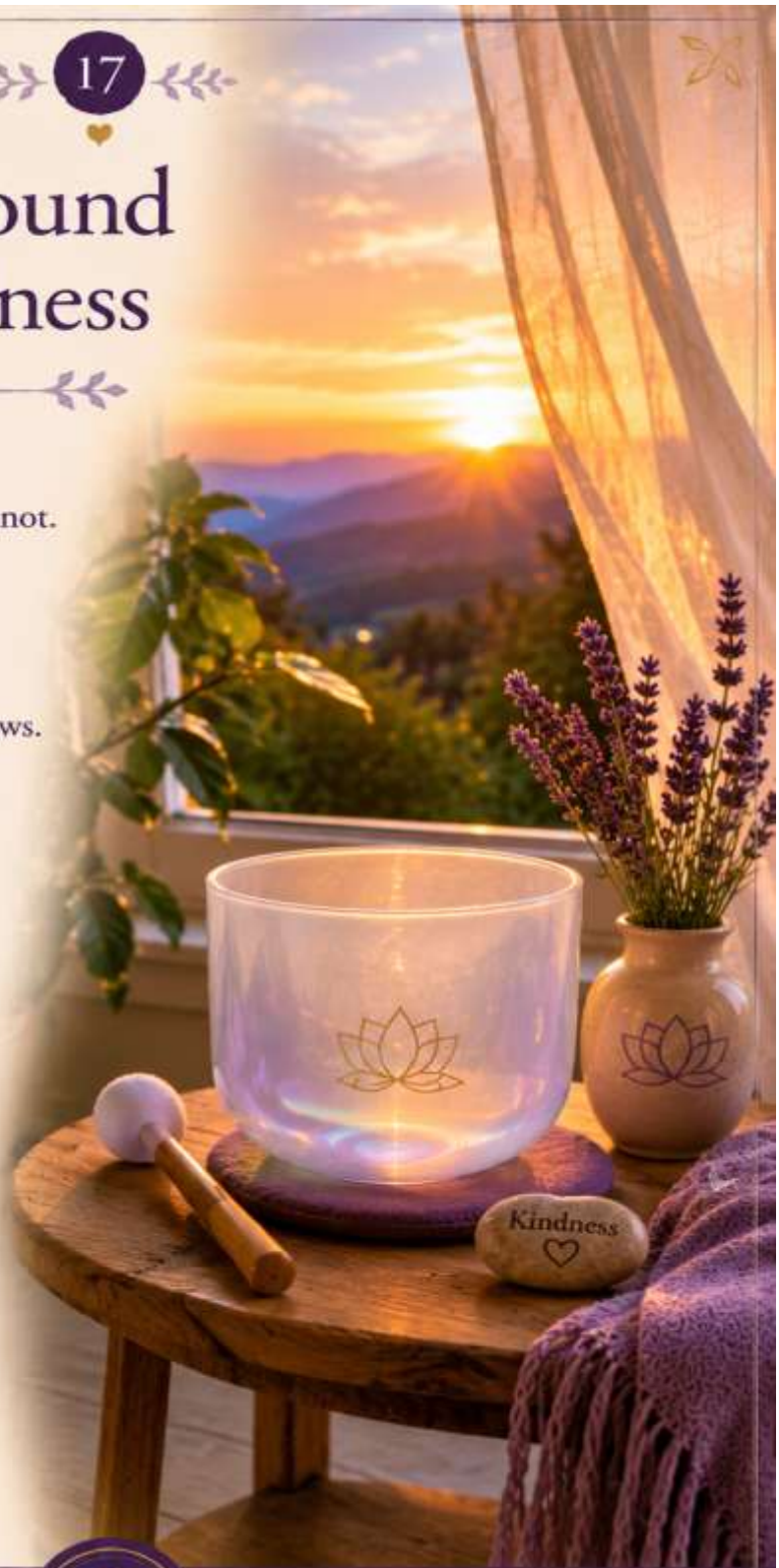


What sounds help me
feel calm and cared for?

.....

What do I notice when
I pause and listen?

.....



PAUSE



SOFTEN



RETURN GENTLY



BE KIND



Walking Forward *with* Kindness

You do not have to remember every page.
You do not have to practice
every key every day.
Simply return gently.
Again and again.

Let kindness become
the way you speak to yourself.
The way you care for yourself.
The way you move through the world.

One kind breath.
One kind choice.
One gentle moment at a time.



Reflection

- ✿ What is one key from this booklet that I would like to carry forward?
.....
- ✿ How would my life feel if I met myself with greater kindness?
.....



PAUSE



SOFTEN



RETURN GENTLY



BE KIND



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*Created with intention,
love, and gratitude.*

*May these pages gently support
your journey of kindness,
every day.*

PAUSE



SOFTEN



RETURN GENTLY



BE KIND