




CELEBRATING YOUR GROWTH & EMBRACING SELF-LOVE

DEAR INTERNS,
AS YOU CONTINUE ON THIS INCREDIBLE JOURNEY OF LEARNING, GROWING, AND IMPACTING LIVES, I WANT TO TAKE A MOMENT TO ACKNOWLEDGE JUST HOW FAR YOU'VE COME. FROM YOUR FIRST DAY STEPPING INTO THIS FIELD WITH CURIOSITY AND PASSION TO NOW—WHERE YOU ARE MAKING FUNDAMENTAL, MEANINGFUL DIFFERENCES IN PEOPLE'S LIVES—YOU HAVE EVOLVED TREMENDOUSLY.

YOUR DEDICATION TO UNDERSTANDING THE HUMAN MIND, OFFERING SUPPORT TO OTHERS, AND CONTINUOUSLY EXPANDING YOUR SELF-AWARENESS IS GENUINELY INSPIRING. BUT AMID YOUR COMMITMENT TO OTHERS, DON'T FORGET ABOUT THE MOST IMPORTANT PERSON IN THIS JOURNEY—YOU.

SELF-LOVE REMINDERS FOR HEALERS LIKE YOU:
 **ACKNOWLEDGE YOUR GROWTH**—TAKE A MOMENT TO REFLECT ON WHERE YOU STARTED AND WHERE YOU ARE NOW. GROWTH ISN'T JUST ABOUT ACCOMPLISHMENTS BUT ALSO ABOUT RESILIENCE, LEARNING, AND BECOMING.

 **PRACTICE SELF-COMPASSION** – YOU SHOW EMPATHY TO OTHERS; REMEMBER TO GIVE YOURSELF THAT SAME KINDNESS. MISTAKES AND CHALLENGES ARE PART OF THE JOURNEY.

☞ **SET BOUNDARIES** – YOU CANNOT POUR FROM AN EMPTY CUP. PRIORITIZE YOUR WELL-BEING SO YOU CAN CONTINUE TO SHOW UP FULLY FOR OTHERS AND YOURSELF.

✦ **CELEBRATE SMALL WINS** – WHETHER MASTERING A NEW SKILL, HELPING A CLIENT, OR SIMPLY MAKING IT THROUGH A TOUGH DAY, EVERY STEP FORWARD IS A VICTORY.

AS THE POET NAYYIRAH WAHEED BEAUTIFULLY WROTE:
"AND I SAID TO MY BODY, SOFTLY, 'I WANT TO BE YOUR FRIEND.' IT TOOK A LONG BREATH AND REPLIED, 'I HAVE BEEN WAITING MY WHOLE LIFE FOR THIS.'"

YOU ARE DOING EXTRAORDINARY WORK—NOT JUST IN THE LIVES OF OTHERS BUT WITHIN YOURSELF AS WELL. KEEP GOING, KEEP GROWING, AND ABOVE ALL, KEEP LOVING YOURSELF THROUGH IT ALL. AS ALWAYS, IF YOU NEED TO CONTACT ME, MY EMAIL IS AG28144@COMPASSHN.ORG.
