



4 Reasons Why Strong Leaders Develop Self-Mercy

1

Practising self-mercy is **EMPOWERING**

It takes great self-empowerment to practise mercy. Someone who is disempowered can't be merciful.

Mercy also requires a genuine understanding and awareness, and at some stage, forgiveness of our own ignorance, our mistakes, and for other people's too. It is understanding and being powerfully connected to the human condition in such a way that we do not reject ourselves or others for being human.

2

Showing mercy requires **STRENGTH**

To have mercy is often seen as a state of weakness and giving in to one's actions. Yet in reality, mercy requires the utmost amount of strength; mercy is powerful compassion. Mercy is strength and kindness together. It is empowerment and gentleness at the same time.

Abraham Lincoln, as he was preparing the United States for life after the U.S. Civil War in 1865 said, "I have always found that mercy bears richer fruits than strict justice."

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- Abraham Lincoln

3

Exercising self-mercy **SUSTAINS** us over the **LONG-TERM**

Like a tall tree standing in a dense forest, we are continually tested by the winds, the cold winters, and others around us.

Yet, we do not resist and fight against our environment. Instead we bend and blow in the wind, allowing the breeze to carry our seeds to further places. We adapt our presence during cold winters, not judging our appearance and knowing that warmer, more fruitful days are ahead. We embrace passersby, providing shelter and nurturing compassion. All the while our roots run deeper, our reach wider, and we grow stronger.

4

Practising self-mercy cultivates **NEW CAPABILITIES**

How does harsh self-judgement make you feel? What future opportunities does it open?

The first step to realizing your capabilities and opening opportunities may be to show yourself some mercy. What good is it if you learn to practise mercy from being merciful to others when you apply cruelty and self-judgement to yourself? Your calling is not to punish yourself, but to make positive change.



For more information about this topic, our professional coaching programmes, and other practical tools to help you discover new opportunities in your life, contact us at:

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