

Self Compassion Practice

Happiness and self love is a habit that takes practice.

We beat ourselves up for mistakes that we make that are caused by things that are out of our control. Start by forgiving yourself for your mistakes and talk to yourself like you would a friend.

If a close friend was feeling bad, what would you say?

● _____

● _____

● _____

Think about a time you felt bad, what did you say to yourself?

● _____

● _____

● _____

Self Compassion Practice

Is there a difference? If so, what can we work on?

- _____
- _____
- _____
- _____

Try it talking to yourself like you are a friend. Write it down.

- _____
- _____
- _____
- _____

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Self Compassion Practice

Today I am grateful I am able to:

- _____
- _____
- _____
- _____

These things went right today

- _____
- _____
- _____
- _____