



COMPASSION

PRIORITIZE SELF-CARE FOR A
BALANCED AND FULFILLING LIFE
WORKBOOK

INTRODUCTION

This worksheet accompanies the ebook "**Compassion: Prioritize Self-Care for a Balanced and Fulfilling Life.**" It's designed to help you explore your current self-compassion levels, identify areas for growth, and develop practical self-care strategies rooted in self-compassion.

1. On a scale of 1-10, how would you rate your current level of self-compassion?

(1 = Very low, 10 = Very high)

1 2 3 4 5 6 7 8 9 10

2. Self-Compassion Reflection:

Write down three kind things you would say to a friend struggling with a problem. Now, imagine saying these to yourself:

1. _____
2. _____
3. _____

3. Identify three situations where you tend to be self-critical:

1. _____
2. _____
3. _____

4. For one of the situations above, write a self-compassionate response:

Situation: _____

Compassionate response: _____

5. Self-Care Inventory:

Check the self-care activities you currently practice regularly:

- Physical exercise
- Healthy eating
- Adequate sleep
- Mindfulness or meditation
- Hobbies or creative activities
- Social connections
- Setting boundaries
- Other: _____

6. Choose one area of self-care you'd like to improve. What's one small step you can take this week?

Area: _____

Step: _____

7. Loving-Kindness Meditation:

Complete these phrases:

May I be safe: _____

May I be healthy: _____

May I be happy: _____

May I live with ease: _____

8. Identify a recent mistake or failure. How can you respond to it with self-compassion?

Situation: _____

Self-compassionate response: _____

9. Create a self-compassion mantra or affirmation:

10. What's one boundary you could set to better care for yourself?

11. List three things you appreciate about yourself:

1. _____

2. _____

3. _____

12. Comfort Menu:

List 5 comforting activities you can turn to when you're feeling down:

1. _____
2. _____
3. _____
4. _____
5. _____

Self-Compassion Action Plan:

List 3 specific actions you'll take this week to practice self-compassion:

1. _____
2. _____
3. _____

One key insight from the ebook about self-compassion that I want to remember:

Quick Self-Compassion Practices:

- **Soothing Touch:** Place your hand over your heart when stressed
- **Self-Compassion Break:** Acknowledge suffering, remember you're not alone, offer kindness
- **Compassionate Letter:** Write a letter to yourself from a compassionate perspective
- **Mindful Self-Compassion:** Notice difficult emotions with kindness
- **Common Humanity:** Remind yourself that everyone struggles sometimes

Additional Resources:

- **Book:** "Self-Compassion: The Proven Power of Being Kind to Yourself" by Kristin Neff
- **Website:** www.self-compassion.org - for exercises and meditations
- **App:** Insight Timer - for guided self-compassion meditations

Next Steps...

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