

# Self-Compassion Worksheet

Name three things you are grateful for or appreciated today.

IMPORTANT - Lower your standards until you find 3 things.

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What did you do today that required courage, what positive choice did you make consistent with whom you want to become? However small write it here..

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# Self-Compassion Worksheet

Where do I need to be kinder to myself?

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Mantras:

- I am doing the best I can right now, and that's enough
- I am worthy, even if I'm struggling.
- My feelings are not facts, no matter how strong they are.
- Mistakes are normal. They are part of growing & learning.
- Feelings are just feelings. They are neither good nor bad.



## Complimentary Session

Coaching is about looking at the gap where you want to be & how you want to show up in the world. And then powerfully closing that gap.

During this call you will leave with:

- A clear vision of your purpose & mission
- An awareness of what's limiting you
- A renewed sense of confidence, optimism & self-love
- A simple action-plan for creating lasting change

[\*\*BOOK A CALL\*\*](#)