

SELF-COMPASSION JOURNAL



DAILY CHECK-IN

Date: _____

My mood today (1-10): _____

Three words to describe how I feel right now:

1. _____
2. _____
3. _____

What's on my mind today:

SELF-COMPASSION PRACTICE

One difficulty I'm facing:

How I typically talk to myself about this:

How I would talk to a friend facing the same situation:

A more compassionate way to view this situation:

MINDFUL AWARENESS

Physical sensations I notice in my body:

Emotions present right now:

Thoughts I'm aware of:

COMMON HUMANITY REFLECTION

How might others relate to what I'm experiencing?

A reminder that I'm not alone in this feeling:

SELF-KINDNESS PRACTICE

One small act of kindness I can offer myself today:

Words of comfort I need to hear right now:

Permission I can give myself today:

GRATITUDE & APPRECIATION

Three things I appreciate about myself today:

1.

2.

3.

Something I'm grateful for:

EVENING REFLECTION

Moments of self-compassion I practiced today:

What I learned about myself:

How I'll continue this self-compassion tomorrow:

Remember: Self-compassion is not about being perfect. It's about being kind to yourself in moments of struggle and recognizing your shared humanity with others. Each day is a new opportunity to practice.

QUOTES FOR INSPIRATION

"This is a moment of suffering. Suffering is part of life. May I be kind to myself in this moment." — Kristin Neff

"Talk to yourself like you would to someone you love." — Brené Brown

"You yourself, as much as anybody in the entire universe, deserve your love and affection." — Buddha

Visit positive4mind.com for more resources on mindfulness, self-compassion, and well-being.

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