

SELF-COMPASSION PRACTICE PLANNER

CONTENTS



- Introduction to Self-Compassion
- Getting Started: Your Self-Compassion Journey
- Weekly Practice Planner
- Daily Practice Tracker
- Self-Compassion Practices Guide
- Monthly Progress Assessment
- Journal Prompts for Deeper Reflection
- Overcoming Common Obstacles
- Resources for Continued Growth

INTRODUCTION TO SELF-COMPASSION

What is Self-Compassion?

Self-compassion is the practice of treating yourself with the same kindness, concern, and support you'd offer to a good friend. Rather than harshly judging yourself for inadequacies or shortcomings, self-compassion means being warm and understanding toward yourself when you suffer, fail, or feel inadequate.

"Self-compassion is simply giving the same kindness to ourselves that we would give to others." — Christopher Germer

The Three Components of Self-Compassion

1. Self-Kindness vs. Self-Judgment

- Responding to your own suffering with warmth and understanding rather than harsh criticism
- Recognizing that imperfection is part of growth
- Speaking to yourself in a gentle, supportive tone

2. Common Humanity vs. Isolation

- Understanding that suffering and personal failure are part of the shared human experience
- Recognizing that everyone struggles; you are not alone in your difficulties
- Seeing your experiences as connecting you to others rather than separating you

3. Mindfulness vs. Over-identification

- Maintaining balanced awareness of painful thoughts and feelings
- Observing emotions without suppressing or exaggerating them
- Holding difficult experiences in spacious awareness

Benefits of Regular Self-Compassion Practice

Research by Dr. Kristin Neff and others has found that self-compassion practice leads to:

- Reduced anxiety and depression
- Greater emotional resilience
- Decreased stress and rumination
- Increased motivation and personal accountability
- Healthier relationships with yourself and others
- Greater overall life satisfaction and happiness

GETTING STARTED: YOUR SELF-COMPASSION JOURNEY

Assessing Your Current Self-Compassion

Before beginning your practice, take a moment to reflect on where you currently stand with self-compassion. Rate yourself on a scale of 1-10 (1 = very low, 10 = very high):

Self-Kindness: _____

(How kind are you to yourself when you make mistakes or notice flaws?)

Common Humanity: _____

(How connected do you feel to others in moments of difficulty?)

Mindfulness: _____

(How aware are you of your emotions without being overwhelmed by them?)

Overall Self-Compassion: _____

Setting Your Intentions

What brings you to self-compassion practice? What do you hope to gain?

What aspects of self-compassion do you find most challenging?

What would becoming more self-compassionate allow you to do or be?

How to Use This Planner

This planner is designed to help you develop a consistent self-compassion practice over time:

1. Start small - Begin with just 5 minutes daily and gradually increase
2. Be consistent - Schedule specific times for practice using the weekly planner
3. Track progress - Record insights and growth in the journal sections
4. Be patient - Like any skill, self-compassion develops with regular practice
5. Personalize - Adapt the practices to fit your needs and preferences

Remember: The goal isn't to practice perfectly but to practice regularly with sincere intention.

WEEKLY PRACTICE PLANNER

Week of: _____ **to** _____

My Self-Compassion Intention This Week:

How I Will Make Time for Practice:

Potential Challenges:

My Strategy for Addressing Challenges:

Weekly Schedule:

Day	Practice Type	Time	Duration	Notes
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

Weekly Reflection:

What went well this week?

What was challenging?

What did I learn about myself?

How will I adjust my practice next week?

DAILY PRACTICE TRACKER

Date: _____

Morning Check-in:

How am I feeling today? (Circle all that apply)

- Anxious
- Peaceful
- Tired
- Energetic
- Critical
- Kind
- Distracted
- Focused
- Other: _____

My intention for today's practice:

Practice Details:

Time spent in practice: _____ minutes

Type of practice: _____

Before practice - stress level (1-10): _____

After practice - stress level (1-10): _____

Observations:

What I noticed during practice:

How I showed myself compassion today:

Self-critical thoughts I noticed:

How I responded to these thoughts:

Evening Reflection:

One moment I practiced self-compassion today:

One thing I'm grateful for today:

SELF-COMPASSION PRACTICES GUIDE

1. Self-Compassion Break (3-5 minutes)

Purpose: To respond to difficult moments with mindfulness, humanity, and kindness.

Steps:

1. **Acknowledge suffering:** Place hands over your heart and recognize this is a moment of difficulty by saying, "This is hard" or "I'm struggling right now"
2. **Recognize common humanity:** Say to yourself, "I'm not alone. Others feel this way too"
3. **Offer kindness:** Say, "May I be kind to myself" or "May I give myself what I need right now"

When to use: During moments of stress, failure, or difficult emotions; can be done anywhere

My notes on this practice:

2. Loving-Kindness Meditation (10-15 minutes)

Purpose: To develop feelings of goodwill, kindness, and warmth towards yourself and others.

Steps:

1. Sit comfortably and take several deep breaths
2. Begin by directing kind wishes to yourself:
 - "May I be safe"
 - "May I be healthy"
 - "May I be happy"
 - "May I live with ease"
3. Repeat these phrases slowly, allowing feelings of warmth to develop
4. If you wish, extend these wishes to others (loved ones, neutral people, difficult people)

When to use: Morning or evening meditation; anytime you need to cultivate positive feelings toward yourself

My notes on this practice:

3. Soothing Touch Practice (2-3 minutes)

Purpose: To activate your body's soothing response system through physical touch.

Steps:

1. Find a comfortable position
2. Experiment with different soothing touches:
 - Hand over heart
 - Both hands on chest
 - One hand on chest, one on belly
 - Hands on face
 - Self-hug
 - Gently stroke your arms
3. Focus on the warmth and pressure of touch
4. Notice any feelings of comfort or security that arise

When to use: When feeling anxious, overwhelmed, or in need of comfort

My notes on this practice:

4. Self-Compassionate Letter Writing (15-20 minutes)

Purpose: To shift perspective and speak to yourself with the compassion of a wise friend.

Steps:

1. Think of a struggle or perceived inadequacy that causes you shame or self-criticism
2. Imagine a loving, compassionate friend who sees all your strengths and weaknesses
3. Write a letter from this friend's perspective:
 - Acknowledging your pain
 - Offering understanding
 - Reminding you of your shared humanity
 - Giving support and kindness
4. After writing, put the letter aside. Read it later, absorbing the feelings of compassion

When to use: When dealing with persistent self-criticism or shame

My notes on this practice:

5. Mindful Self-Compassion Body Scan (10-15 minutes)

Purpose: To bring compassionate awareness to physical sensations in your body.

Steps:

1. Lie down or sit comfortably
2. Bring attention to your breath for several moments
3. Slowly scan through your body from feet to head
4. When you notice tension or discomfort, direct kindness to that area:
 - "I'm noticing tension here"
 - "May this area soften and ease"
5. Continue until you've scanned your entire body

When to use: Before bed, during breaks, or when feeling physically tense

My notes on this practice:

6. Compassionate Movement (5-10 minutes)

Purpose: To connect with your body with kindness through gentle movement.

Steps:

1. Stand or sit with awareness of your body
2. Move slowly and deliberately, focused on sensations
3. With each movement, mentally repeat:
 - "May I treat my body with kindness"
 - "I honor my body's needs and limits"
4. If you encounter pain or difficulty, acknowledge it without judgment

When to use: Morning practice, work breaks, or when feeling disconnected from your body

My notes on this practice:

7. Self-Forgiveness Exercise (10-15 minutes)

Purpose: To release self-blame and cultivate healing through forgiveness.

Steps:

1. Reflect on something you're struggling to forgive yourself for
2. Acknowledge the pain this causes: "This mistake has caused me suffering"
3. Recognize your shared humanity: "Like all humans, I make mistakes"
4. Place hands over heart and say: "May I forgive myself. May I begin again"
5. Consider what you've learned and how you can grow from this experience

When to use: When dealing with regret, guilt, or self-blame

My notes on this practice:

MONTHLY PROGRESS ASSESSMENT

Month: _____

Self-Compassion Rating (1-10):

Component	Beginning of Month	End of Month	Change
Self-Kindness			
Common Humanity			
Mindfulness			
Overall Self-Compassion			

Practice Consistency:

Number of days practiced this month: _____

Average duration of practice: _____ minutes

Most frequently used practice: _____

Reflections:

Most significant insight gained this month:

Most noticeable change in daily life:

Areas where I still struggle:

How I can deepen my practice next month:

JOURNAL PROMPTS FOR DEEPER REFLECTION

Use these prompts to explore your relationship with self-compassion. Try to write without judging or editing your thoughts.

Recognizing Self-Criticism

What does your inner critic say? What tone does it use?

When did you first develop this critical voice? What purpose has it served?

How would you speak to someone you love who was in your situation?

Exploring Common Humanity

How is your current struggle connected to the larger human experience?

Who else might understand or relate to what you're going through?

How might your vulnerability connect you more deeply to others?

Developing Self-Kindness

What do you need most right now to feel supported?

What words of comfort would be most meaningful to you today?

What small act of kindness could you offer yourself tomorrow?

Mindful Awareness

What emotions are you experiencing? Where do you feel them in your body?

Can you sit with difficult feelings without trying to change them?

What happens when you create space around feelings rather than identifying with them?

Self-Compassion in Daily Life

When did you show yourself compassion today? How did it feel?

How might self-compassion help you approach a current challenge?

What aspects of self-compassion feel most natural to you? Most difficult?

OVERCOMING COMMON OBSTACLES

RESOURCES FOR CONTINUED GROWTH

Recommended Reading

- *Self-Compassion: The Proven Power of Being Kind to Yourself* by Dr. Kristin Neff
- *The Mindful Path to Self-Compassion* by Dr. Christopher Germer
- *The Compassionate Mind* by Dr. Paul Gilbert
- *Radical Acceptance* by Tara Brach

Online Resources

- Self-Compassion.org - Dr. Kristin Neff's official website with research, practices, and resources
- Center for Mindful Self-Compassion - Offers training programs and resources
- Positive 4 Mind - Mindfulness and self-compassion resources
- Insight Timer - Free guided meditations, many focused on self-compassion
- Tara Brach - Resources on self-compassion and mindfulness

Mobile Apps

- Insight Timer
- Ten Percent Happier
- Calm
- Headspace
- Self-Compassion by Dr. Kristin Neff (iOS)

Audio Guided Practices

- **Self-Compassion Break MP3: Available on self-compassion.org**
- **Loving-Kindness Meditation MP3: Available on self-compassion.org**
- **Mindful Self-Compassion Body Scan: Available on centerformsc.org**

Deeper Training Options

- **Mindful Self-Compassion (MSC) 8-week course**
- **Self-Compassion Core Skills workshop**
- **Online courses through Sounds True or InsightLA**
- **Retreats focused on self-compassion**

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

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

"The most powerful relationship you will ever have is the relationship with yourself." — Steve Maraboli

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

"You can search throughout the entire universe for someone who is more deserving of your love and affection than you are yourself, and that person is not to be found anywhere." — Sharon Salzberg

"Compassion for others begins with kindness to ourselves." — Pema Chödrön

"Remember, you have been criticizing yourself for years and it hasn't worked. Try approving of yourself and see what happens." — Louise Hay

"With self-compassion, we give ourselves the same kindness and care we'd give to a good friend." — Kristin Neff

MY PERSONAL SELF-COMPASSION COMMITMENT

I, _____, commit to treating myself with kindness, understanding, and compassion.

I recognize that:

- I am worthy of compassion simply because I am human
- My flaws and struggles connect me to others rather than separate me
- Self-criticism doesn't make me better; compassion gives me strength
- I can hold my pain with mindfulness rather than suppressing or exaggerating it
- This practice is a journey, not a destination

My commitment to self-compassion practice:

Signature: _____ **Date:** _____

ABOUT THIS PLANNER

This Self-Compassion Practice Planner was created by Positive 4 Mind to support your journey toward greater self-compassion and well-being. Self-compassion is a practice that can transform your relationship with yourself and others, leading to greater resilience, happiness, and peace.

For more resources on mindfulness, self-compassion, and well-being, visit: positive4mind.com

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