



Self-Compassion Checklist

1. Self-Hug Pause

- Cross arms and rest hands on opposite shoulders
- Close your eyes, inhale warmth for four counts.
- Exhale tension for six counts.
- Notice any softening in the body or mind.

2. Compassionate Journaling

- Identify one moment of self-judgment today.
- Write the critical thought down verbally.
- Reframe it with kindness (e.g., "I am doing my best under pressure...")
- Reflect briefly on how the reframe feels.

3. Micro-Acts of Kindness

- Schedule today's small treat (tea stretch, 2-minute walk, etc.)
- When it arrives, pause entirely and engage your senses.
- Notice how your body/mind responds.

4. Guided Prompts (pause once or twice daily)

- "What would I say to a friend in this situation?"
- "How can I support myself right now?"
- "What tiny step can I take today to meet my need?"

5. Mindful Check-In

- Pause and scan your body for tension (neck, shoulders, jaw)
- Name one emotion you're feeling (e.g., "anxious," "sad," "hopeful")
- Offer yourself one kind phrase:
 - "May I be gentle with myself?"
 - "I'm here for you."

6. End-of-Day Reflection

- Recall one moment of self-compassion you practiced.
- Note any shift you noticed in mood or stress.

Set one simple intention for tomorrow's self-care