

Self-Compassion Journal

Process the events of each day through the lens of mindfulness, a sense of common humanity, and kindness.

Mindfulness - Awareness is what is happening, what you are thinking and **how you are feeling**. Can you be nonjudgmental and accepting?

Common Humanity - How is your experience connected to the broader human experience?

Kindness - How are you treating yourself? What words of comfort could you offer to yourself?

Day	Reflection