

# Reflection Sheet (Instructions)

## Exercise (Lesson 1)



### Self-Compassion Journaling

To further deepen your practice of self-compassion, try incorporating journaling into your routine. Set aside a few minutes each day to reflect on your experiences, thoughts, and emotions, and using the reflection sheet we have created for this exercise, write down any insights or observations that arise.

Begin by asking yourself the following questions:

1. What am I feeling in this moment?
2. What thoughts are present in my mind?
3. How can I respond to myself with kindness and understanding?
4. What affirmations or words of encouragement resonate with me today?
5. How can I extend compassion to myself and others?

Allow yourself to write freely and without judgment, embracing whatever comes up with openness and curiosity. Over time, you may notice patterns or themes emerging, offering valuable insights into your inner world and fostering a deeper sense of self-awareness and compassion.

