

Learning Self-Compassion, One Day At A Time

You might not feel the benefits. That doesn't mean it's not working.

- Take a selfie to keep, not share.
 - Write down one thing to celebrate and let myself feel that happiness.
 - Floss.
 - Read one book chapter for pleasure.
 - Learn one new thing.
 - Make my bed.
 - List three things I appreciate about myself.
 - Get into nature/do something outside.
 - Do one thing to further my career. Replace "I have to" with "I get to".
 - Meditate for 10 minutes.
 - Say no to something I don't want to do.
 - Listen to one new uplifting song. Focus on the words, and don't multitask.
 - Note every instance of negative self-talk. Replace with positive words.
 - Say, "I am enough."
 - Put my phone out of reach for one hour.
 - Do one thing that scares me.
 - Watch one funny video and let myself laugh and recharge.
 - Color.
 - Change my screensaver to something uplifting.
 - Do nothing for 10 minutes.
 - When I'm down, imagine what an uplifting friend would say to me and say that to myself.
 - Write down a mistake and verbally forgive myself.
 - Exercise in any way for 20 minutes. Replace "I have to" with "I get to."
 - Journal about a dream or goal—no matter how unrealistic. Get descriptive.
 - Reconnect with an old friend.
 - Organize one small part of my apartment.
 - Write a love letter to myself.
 - Don't go home right after work. Go to the library or the park, or go to dinner alone.
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- Take a guilt-free nap.
- Make my favorite snack food.
- Get up to watch the sun rise.

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