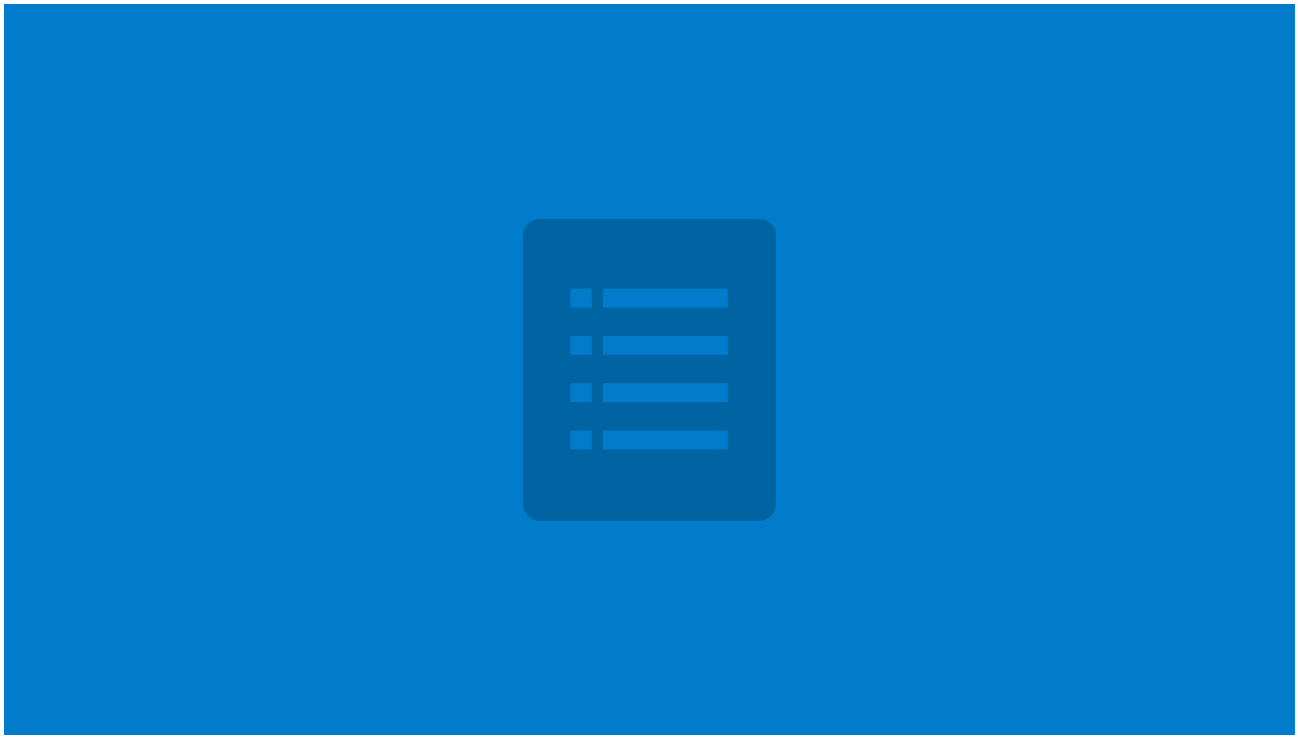
Learning Self-Compassion, One Day At A Time

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.
- [ ] Take a guilt-free nap.
- [ ] Make my favorite snack food.
- [ ] Get up to watch the sun rise.

Make and Share Free Checklists
checkli.com