

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.

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