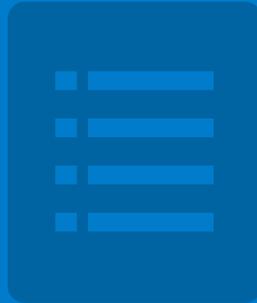


# Learning Self-Compassion, One Day At A Time

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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