

# SELF-COMPASSION EXERCISES



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## ACTS OF

## self-compassion

In this activity, you will explore and list various acts of self-compassion that you can incorporate into your daily life. Self-compassion involves treating yourself with kindness, care, and understanding. Reflect on the prompts below and write your responses in the spaces provided.



### Self-Care Practices

List self-care activities that nurture your well-being and bring you joy. These can be small or significant acts of self-kindness that you enjoy doing for yourself.

- 1.
- 2.
- 3.

Example: Going for a leisurely walk in nature.



### Setting Boundaries

Think about areas in your life where you may need to set healthier boundaries to protect your well-being. Identify specific boundaries you can implement.

- 1.
- 2.
- 3.

Example: Communicating my needs in relationships and asking for support.

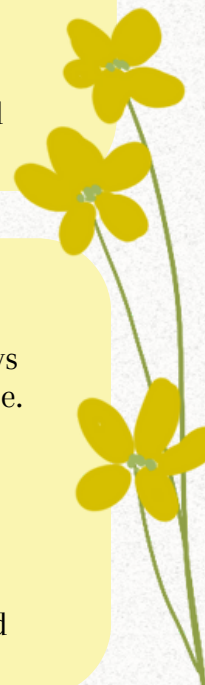


### Acts of Self-Forgiveness

Reflect on any past mistakes or regrets. Write down ways you can practice self-forgiveness and let go of self-blame.

- 1.
- 2.
- 3.

Example: Recognizing that I'm not defined by my past and giving myself a fresh start.



# KINDNESS

## jar for self



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The Compliment Jar activity is designed to boost your self-esteem and promote self-appreciation by collecting and cherishing compliments you receive from others or even from yourself. Follow the steps below to create your very own Compliment Jar.

**Step 1 - Choose Your Jar:** Find a jar or container that you can use to collect your compliments. It could be a mason jar, a small decorative box, or any container that resonates with you.

**Step 2 - Decorate Your Jar:** Get creative and decorate your Compliment Jar in a way that reflects your personality and style. You can use colorful ribbons, stickers, or write encouraging words on the lid or sides of the jar.

### Step 3 - Write Down Compliments:

Whenever someone pays you a compliment or when you acknowledge a personal achievement, write it down on a small piece of paper.



### Step 4 - Compliment Yourself:

Don't forget to compliment yourself! Write down self-affirming messages or celebrate personal achievements as well.

**Step 5 - Fill Your Compliment Jar:** Over time, your Compliment Jar will be filled with positive and uplifting messages. Make it a habit to add compliments regularly, and watch your self-esteem grow as you read through them.

**Step 6 - Read and Reflect:** Take moments to read through the compliments in your jar, especially during challenging times or when you need a confidence boost. Let the kind words from others and yourself remind you of your worth and the value you bring.

**Step 7 - Share The Joy:** Share the Compliment Jar experience with loved ones or friends. Encourage them to create their own jars and exchange compliments, spreading positivity and kindness.

# BEING YOUR

# *best friend*



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Imagine yourself as your own best friend. What supportive and encouraging words would you say to yourself in times of need? Write them down below.

## Words from My Own Best Friend

