

Practice Makes Imperfect

Self-Compassion Journal

We invite you to bring your attention to one question a day, remembering that this isn't about putting pressure on ourselves; sometimes just putting a question out there can bring attention to our practice. If any of the questions do elicit shame or backdraft, how could you take care of yourself in that response?

WEEK OF: _____

Date _____

Duration _____

In what ways was I able to bring kindness to myself during practice today?

Formal: _____

Informal: _____

Date _____

Duration _____

How did I respond to my suffering during practice today?

Formal: _____

Informal: _____

Date _____

Duration _____

How did I meet any obstacles to practice today?

Formal: _____

Informal: _____

Date _____

Duration _____

In what ways did I make practice pleasurable today?

Formal: _____

Informal: _____

Date _____

Duration _____

Today, in what ways I able to bring self-compassion to myself during a moment of discomfort during formal or informal meditation?

Formal: _____

Informal: _____

Date _____

Duration _____

Was today's practice self-reinforcing? How so, or how not?

Formal: _____

Informal: _____

Date _____

Duration _____

How did I love myself well today?

Formal: _____

Informal: _____

WEEKLY REVIEW

What themes emerged during this past week of practice? How am I relating to myself as I fill in this journal? For example, am I noticing what I did well, or am I noticing what I didn't do and giving myself a hard time?

