

# Practice Makes Imperfect

## Self-Compassion Journal

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?

\_\_\_\_\_  
\_\_\_\_\_  
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