

The 28-day Compassionate Me Programme



What is involved?

Each week we will release material on our website for you to use - and to print and download if you so wish.

The weeks are themed as follows:

- Week 1 - Self Compassion
- Week 2 - Compassion for Friends and Family
- Week 3 - Compassion for a Stranger
- Week 4 - Compassion for Nature

Option 1:

Each week, for four weeks, we will present you with a short, simple online workbook. The workbook needs to be done every day. It will take you between 10 and 30 minutes each day. This may sound a lot in our already busy lives, but spending a few minutes from our 1,440 minutes in a day to cultivate some compassion could really be life-changing - for you and for those around you.

As part of the workbook, you will be required to do some short Mindfulness and Meditation exercises - nothing too complicated - simple and relevant to the programme.

All these Meditations will be guided and available to access on www.justjoom.co.uk and you can choose which ones you would like to do on any given day.

Option 2:

Each week, for four weeks, we will present you with an example list of Acts of Kindness that you can perform. You can, of course, brainstorm ideas for yourself. Why not involve friends and family too?

Over the programme you will be required to practice self-compassion, compassion for others and compassion for our planet. Again, small, simple Acts of Kindness - that make a big difference.

Option 3:

A mixture of Options 1 and 2.

Do the Workbook, Meditations and Acts of Kindness. You can choose what works for you and what aspect you want to focus on.

Standard Meditations

Done every day for 28 days

Choose from:

Metta/Compassion Meditation (15 minutes)

Metta/Compassion Meditation (7 minutes)

New Weekly Meditation

1 new meditation per week – focussing on that week's theme

Optional/Extra Meditations

Mindfulness Meditation (3 minutes)

Whatever activities you want to do for that week of the challenge depending on the theme