Compassionate Me
Week 3 - Compassion for Strangers

Your Compassionate Me Daily Diary

This is an optional diary for you to fill in if you want to explore your compassionate practice further.

Print off the form on the next page and use it to write down your reflections about the meditations and activities over the week.

Take your time to write down how you felt about the meditation/activity. As you do that, take note on how you feel – both about the act of writing itself and what you are writing about.

A good format to follow is:

1. Date/Time of Compassionate Practice
2. Type of Meditation/Compassionate Practice
3. Any comments/observations

Your Daily Diary is private to you. Write how you feel – be honest, be open. Make sure that you keep the Diary in a safe place – away from prying eyes! If you wish, no one need ever read the Diary – except you. Once in a while I read back to see what my feelings were about a particular meditation. I do this when I haven't practiced a meditation for awhile, and after reflecting on it, I may read one of my old reflections to see if anything has changed from them to the present moment.

Enjoy writing in your Diary – it is such a precious way to acknowledge how you are feeling in the present moment – and which compassion activity and mediation really works for you.

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Day Date/Time	Type of Practice (Compassion Activity/Meditation)	Comments
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		
Monday		

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