

Compassionate Me

Week 1 - Self-Compassion



Metta/Loving-Kindness Meditation

This week I have done this meditation on the following days: (please tick days completed)

Tuesday Wednesday Thursday Friday Saturday Sunday Monday

Optional: If you wish to you can fill in a Compassionate Me Daily Diary - just print the sheet and fill in

Week 1 Meditation (One Minute Breathing Meditation)

This week I have done this meditation at least once on the following days: (please tick days completed)

Tuesday Wednesday Thursday Friday Saturday Sunday Monday

Optional: If you wish to you can fill in a Compassionate Me Daily Diary - just print the sheet and fill in

Act of Kindness Activities

This week I have chosen to show *myself* the following Act(s) of Kindness

1. _____
2. _____
3. _____

Quote of the Week:

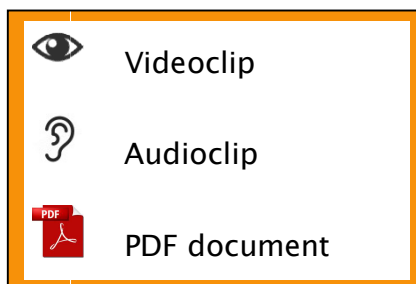
"A moment of self-compassion can change your entire day. A string of such moments can change the course of your life."

Christopher K. Germer

Gratitude Journal

This week I am grateful for:

1. _____
2. _____
3. _____



Compassionate Me

Week 1 - Self-Compassion



What I have learnt this week:

(a chance for you to make some notes for yourself about self-compassion)

Sharing My Story:

(a chance for you to write about any special experiences or activities that happened this week. Do remember to share them with us too by email or via social media!)

Daily Diary:

(if you are filling in the Daily Diary, print off the sheet we have provided and make notes after doing the meditations and/or compassionate activities. Remember this is an optional activity - but filling it in will help further your compassionate practice.)

BONUS

Bonus Section:

Books you may want to read:

- ✓ The Compassionate Mind by Paul Gilbert
- ✓ The Gratitude Diaries by Janice Kaplan
- ✓ The Art of Happiness by HH Dalai Lama and Howard C Cutler

