



CREATING THE LIFE YOU WANT

*6 Things You Can Do
To Develop Self-Compassion*

CREATING THE LIFE YOU WANT *WORKSHEET*

Complete this worksheet to help you apply these self-compassion concepts to your own life. Imagine living your best life and learn how to apply it by thinking about and thoughtfully answering the questions that follow. By continuing this practice, you will find greater feelings of self-love and empowerment.

CLEAR OUT ALL AREAS OF DOUBT

1. What is one area of doubt in your life? Write 3- 4 sentences about why you doubt what you do and how you might move forward from it.

2. Answer these questions:

- How often do you sacrifice your needs for what others want?

- Do you frequently apologize for things you do not need to apologize for?

- Have you ever been called or referred to yourself as a people pleaser? When?

- Do you stop yourself from speaking up for yourself? When?

AVOID OVERTHINKING

1. What is one regret you would like to fully let go of now?
2. What will your life look like when you've finally released this regret?
3. Write down two negative things you frequently say to yourself. Next to those phrases, write positive ones that you can say instead.

EXPLORE YOUR COMMUNITY

1. What is one thing you are excited to try in your community? When are you going to participate in this activity?

2. What inspires you right now? What makes you feel like you can do anything? What is your biggest source of inspiration?

PRACTICE MINDFULNESS

1. How do you feel about sitting with the present moment, without jumping to action? Is this something that is difficult for you? Write 4-5 sentences describing your feelings about tolerating the moment, no matter how frustrating.

2. What is one mindfulness activity you would like to try? How are you going to make this activity part of your daily life?

3. Are there entire parts of your days that are unpleasant? Or entire parts of your months? During these unpleasant times, what will you do to remain self-compassionate? How will you remind yourself to keep practicing self-compassion?

LET GO OF WHAT HOLDS YOU BACK

1. List two resentments that you are ready to let go of now. As you write them down, imagine them disappearing from your heart and leaving love in its place.

2. What is a boundary you are ready to set? First, write down something you need more or less of in your life. Next, write the boundary that will help you structure your life in a way to get what you need.

HOLD ONTO WHAT MOVES YOU FORWARD

1. List three of your values below.

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2. Now, list one action per value that demonstrates each of those values.

3. What is one way in which you connect with your spirituality, no matter how developed?

4. Write four sentences below that describe two of your favorite things about yourself.