

CREATING THE LIFE YOU LOVE

6 Things You Can
Do To Develop
Self-Compassion
and Live Fully

WORKSHEET



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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.

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?

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.