

Your Daily Self-Compassion & Nervous System Journaling Guide

*'Fill your paper
with breathings of
your heart'*

William Wordsworth



Your Daily Self-Compassion & Gratitude Journaling Guide

Step 1 – Mindfulness Recognise a challenging moment during your day when you judged yourself or things didn't go how you might have liked.	<i>I got angry with someone at work.</i> <i>I can't believe that I did that. I'm so embarrassed. I feel like such an idiot. What will people think. I'm so ashamed. I'm such a bad person.</i>
Step 2 Common Humanity Remember you are human	<i>Getting angry is such a human experience. We have all got angry at times in our life. We're all allowed to make mistakes. All humans have emotions. All humans have moments that are challenging.</i>
Step 3 Being your own friend Speak to yourself as you would a friend	<i>I'm so sorry you're feeling this way. Please don't be so hard on yourself. Of course, you are not a bad person. You are a human being having a human experience. This doesn't change your worth.</i> <i>Come here – let me give you a hug. I'm here, I love you, it's all ok. Nothing you could do will ever make me leave you. Nothing you could do would ever change your value and worth as a human being. You're doing the best that you can always.</i> Maybe bringing a hand to the heart or introducing self-soothing touch (wrapping your arms around yourself) Maybe offering mantra as you rock yourself in your own arms: <i>May I be safe, May I be happy, May I be healthy, May I live with ease</i>

Today I am grateful for...

- 1.
- 2.
- 3.

Nervous System Reflections (you can also start here and use this to guide your Self-Compassion Journaling)

Noticeable states, glimmers & triggers

Sympathetic – fight or flight. Felt tightness in chest and agitated. Felt overwhelmed by work. Felt unseen by team – went for a walk and did deep breathing which helped.



Day 1 _____

Step 1 Mindfulness Notice and name a difficult moment & what you experienced	
Step 2 Common Humanity Remember you are human	
Step 3 Being your own friend Speak to yourself as you would a friend	

Today I am grateful for...

1.
2.
3.

Nervous System Reflections

Noticeable states, glimmers & triggers



Day 2 _____

Step 1 Mindfulness Notice and name a difficult moment & what you experienced	
Step 2 Common Humanity Remember you are human	
Step 3 Being your own friend Speak to yourself as you would a friend	

Today I am grateful for...

1.
2.
3.

Nervous System Reflections

Noticeable states, glimmers & triggers



Day 3 _____

Step 1 Mindfulness Notice and name a difficult moment & what you experienced	
Step 2 Common Humanity Remember you are human	
Step 3 Being your own friend Speak to yourself as you would a friend	

Today I am grateful for...

1.
2.
3.

Nervous System Reflections

Noticeable states, glimmers & triggers



Day 4 _____

Step 1 Mindfulness Notice and name a difficult moment & what you experienced	
Step 2 Common Humanity Remember you are human	
Step 3 Being your own friend Speak to yourself as you would a friend	

Today I am grateful for...

1.
2.
3.

Nervous System Reflections

Noticeable states, glimmers & triggers



Day 5 _____

Step 1 Mindfulness Notice and name a difficult moment & what you experienced	
Step 2 Common Humanity Remember you are human	
Step 3 Being your own friend Speak to yourself as you would a friend	

Today I am grateful for...

1.
2.
3.

Nervous System Reflections

Noticeable states, glimmers & triggers



Day 6 _____

Step 1 Mindfulness Notice and name a difficult moment & what you experienced	
Step 2 Common Humanity Remember you are human	
Step 3 Being your own friend Speak to yourself as you would a friend	

Today I am grateful for...

1.
2.
3.

Nervous System Reflections

Noticeable states, glimmers & triggers



Day 7 _____

Step 1 Mindfulness Notice and name a difficult moment & what you experienced	
Step 2 Common Humanity Remember you are human	
Step 3 Being your own friend Speak to yourself as you would a friend	

Today I am grateful for...

1.
2.
3.

Nervous System Reflections

Noticeable states, glimmers & triggers

