



Self-Compassion Exercise Worksheet

Small Routines, Big Changes

Everyday Self-Compassion Routinery

Date Range: "Which day this week do I want to carry into tomorrow?" Monday Tuesday Wednesday Thursday Friday Saturday Sunday

Day	Self-Critical Moment	A Kinder Reframe	One Word for How I Feel	A Kind Sentence to Myself
Mon				Today, I want to remind myself that...
Tue				Today, I want to remind myself that...
Wed				Today, I want to remind myself that...
Thu				Today, I want to remind myself that...
Fri				Today, I want to remind myself that...
Sat				Today, I want to remind myself that...
Sun				Today, I want to remind myself that...

For When You Need More Self-Compassion Routinery

One. What happened today?
Describe the situation and how you felt at the time.

Two. What was the loudest voice in your head?
What did your inner critic say?

Three. If this happened to a close friend, what would you tell them?
Imagine responding with kindness and empathy.

Four. What do you most need to hear right now?
Write yourself a kind, grounding sentence.

Would it be helpful to return to this tomorrow?
 Yes, I want to check in again.
 No, I feel okay moving forward.

“This habit tracker is designed to help you create, track, and maintain meaningful habits by using the proven principles of Atomic Habits. Focus on small, sustainable improvements that lead to significant long-term changes. Take control of your daily routine, one habit at a time.”

For When You Need More Self-Compassion

Routinery

One. What happened today?

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Three. If this happened to a close friend, what would you tell them?

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Two. What was the loudest voice in your head?

What did your inner critic say?

Four. What do you most need to hear right now?

Write yourself a kind, grounding sentence.

Would it be helpful to return to this tomorrow?

Yes, I want to check in again. No, I feel okay moving forward.