

Letter of Self-Compassion

Mindfulness Worksheet

Date / Time:

What have you brought mindful awareness to today? Check all that apply.

Heart

Mind

Body

Breath

Environment

To begin this Meditation, please bring kind awareness to

- why you chose this topic
- how your belly, chest, and head each feel when you reflect on this topic
- the emotions that you can associate with these visceral feelings
- the positive or negative impact of any stories you believe in regarding this topic
- the fact that many others are feeling similarly about this topic as you
- how you might feel with increased awareness around this topic
- when you can apply increased mindfulness to this topic in your day-to-day life



We tend to be our toughest critics. Holding ourselves to unrealistic standards of perfection, it is not uncommon to judge or criticize ourselves in one or various aspects of our being.

As we learn to speak to ourselves with compassion, we slowly begin to counteract the negative self-speak of the mind. We start to become more content, confident, and at peace with who we are.

This practice is a journal exercise that invites us to write ourselves a letter of care and kindness from the point of view of someone who loves us.

Alternatively, we might write this letter from the 'wise elder within' – the voice inside that knows we are enough just as we are.

PRACTICES:

1. Take a moment to consider one or two of the things you judge yourself for or dislike about yourself. Reflect for just a couple of minutes on how these perceived inadequacies make you feel. Notice how the mind can narrow in on these areas, failing to see the complete picture of who you are.

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2. Next, bring to mind the image of someone who loves you. It might be a friend, a parent, a grandparent, or anyone else – and it can be someone of either your past or present. Alternatively, you might take a moment to visualize your inner wise elder – the loving, compassionate, and clear-sighted self that lives inside of you.

3. Now write a letter to yourself from this person you have imagined (or from the wise, loving self within). In this letter, address how this perceived shortcoming is viewed from the person you've chosen to write as. How might it be viewed from an external, compassionate, caring lens? Write from your innermost sense of kindness, care, and non-judgment.

4. After you finish writing the letter, take some time to read it back to yourself. Notice how it makes you feel.

5. Consider that the words written here did not come from another person or from a 'different' you: they came from the person that you are right now. They are your own words that arose from the side of yourself that is self-compassionate and self-caring. Know that this capacity for self-kindness is always present within you.