

SEVEN DAYS TO RADICAL SELF-COMPASSION

When you unlock your self-compassion, you also unlock your authentic power and inner wisdom.

Get started in Radical Self-Compassion by spending just 20 minutes per day for seven days journaling on one self-compassion prompt and focusing on these 3 key steps:

Name what the inner critic (that unkind voice inside all of us trying to skew how we see things) says,

Tame the critic with your response. The critic is NOT you!

Re-frame the experience with a new, healthier thought process.



START WITH DAY 1 HERE!



Day
1

List the emotions you're feeling right now, without filtering them. *Take note of how you feel about listing ALL of your emotions - what is happening in your body? What is your inner critic telling you about your feelings?*

(Wondering what makes it 'Radical?' In Radically Well we approach wellness without connecting our transformation to any setting, condition, or situation. Our Wellness is driven from the power we have - inside - to manage whatever is happening - outside!)

I can't wait to see what Radical Compassion
unlocks for you!

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Day 2

What negative thoughts or ideas about yourself keep coming up? Are they fair? Write down those thoughts and look at them. Are they really accurate and current? Would you talk to friend or loved one the same way?

“You’ve been criticizing yourself for years and it hasn’t worked. Try approving of yourself and see what happens.”

— Louise L. Hay

Day 3

Name at least 3 kind things you can do for yourself that are ONLY for you. These don’t have to be extravagant or complicated - think about small kindnesses like lighting your favorite candle (even if it’s not a special occasion!)

Day 4

Name 3 recent accomplishments or ways you’ve made progress. Acknowledge YOUR progress like you would celebrate the progress of a friend or loved one. Notice if your inner critic is telling you that you didn’t do ‘enough.’

Day 5

Write down something you are going to forgive yourself for. No one is perfect. Tell your inner critic that it can remember what happened but it’s not allowed to punish you for it anymore.

Keep going! Radical Self-Compassion is waiting for you!

Day 6

List at least 6 things you like about yourself. So much is wonderful about you! What can you identify and embrace? These can be strengths, traits, abilities, etc.

Day 7

What responses can you have to your inner critic now? You’ve listened to the critic - now it’s time to respond. You are worthy and YOU are the authority on you!