SELF-COMPASSION

This journal belongs to:

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is being kind and understanding to yourself when you face a challenge or make a mistake. No one ever said we had to be perfect, right? There are 3 parts to practicing self-compassion:

**#1 NOTICE:**

Have you ever seen a bird watcher? They stand back and observe birds without interfering with them. They notice. You can do the same thing with your thoughts and feelings. You can notice thoughts and feelings without trying to change them.

**#2 CONNECT:**

Everyone in the world has something in common: challenges. When you're facing a challenge, it helps to remember we're all connected and you're not alone.

**#3 BE KIND:**

It's easy to be hard on yourself when you're struggling or make a mistake. You probably don't do that to your friends. It's time to treat yourself like your own BFF.

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Try to notice your thoughts and feelings without trying to change them. Write your thoughts and feelings below, starting with the words "I notice." Then, close your eyes for a few minutes and imagine the words floating by.

I notice I’m having the thought that I’m worried.

I notice I’m feeling butterflies in my stomach.
Instead of bird watching, go thought-feeling watching!

Write your thoughts and feelings on the leaves and remember they will eventually fall away.

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Noticing thoughts and feelings without trying to change or ignore them might be tough, at first. That's OK! It gets easier with practice. :) Write about your struggles and wins.

Noticing struggles:

Noticing Wins:
Practice noticing your outward experience. What are five things you notice with each of your five senses?

5 Things I SEE

5 Things I HEAR

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Notice your inward experience. What are you feeling right now? Color or write in your feeling on the wheel of emotions.

Feelings show up in different parts of your body. Circle or color where you feel your feeling.

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Ever heard a song that describes exactly how you’re feeling? Sometimes songs help us notice our feelings. Make a playlist of songs which describe your feelings here:

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Right now, I notice I'm feeling...

If my feeling had a color, it would be...

If my feeling had a texture, it would be...

If my feeling was a character, it would look like:
No matter what you're struggling with right now, you are not alone. Everyone has challenges. Here are real examples from kids and teens:

- I struggle with math.
- I struggle with making mistakes.
- I struggle with being on time.
- I struggle with wanting to play video games instead of doing school stuff.
- I struggle with getting along with my brother.
- I struggle with getting enough exercise.

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What are some things you or your friends are struggling with?

We're all in this together. You're not alone.

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Are you as kind to yourself as you are to your friends? Think of a challenge you're facing and check out the difference.

My challenge:

How I talk to myself about this challenge:

How I'd talk to a friend facing this challenge:

How is what you wrote to yourself different from what you'd write to your best friend?

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Think of a challenge you're facing. Give yourself advice in the voice of a friend.
Putting it all together!

Part #1: Notice

Right now, I notice...
I notice I'm feeling sadness.
I notice I'm thinking I am sad.
I notice I'm feeling butterflies in my stomach.
I notice I'm feeling tightness in my chest.

Part #2: Connect

Dear Me,
This is hard. You've been feeling really sad lately. What's going on right now is pretty tough, but you have incredible strengths. Remember, you've been through hard things and they always get better. This time will pass.

Love, Me

Part #3: Be Kind

All of us go through tough experiences.

We all face challenges...
It's part of being human.
Everyone faces hard things.
Your turn to practice!

Part #1: Notice
Notice your thoughts. Notice how you feel.

Part #2: Connect
We're all in this together. Remember, you're not alone.

Part #3: Be Kind

Dear Me,

Love, Me

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Dear Me,

Love,
Me

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