

Choose Love to Thrive

Daily Action Steps For Conquering Adversity

CHOOSING LOVE TODAY #32: START A SELF-COMPASSION JOURNAL



Rachel Joy Scott, writer and advocate for compassion, once wrote, "Compassion is the greatest form of love humans have to offer." Compassion is not only a way to show others love, but also yourself.

We can show compassion by taking the time to grow from our experiences, show kindness to ourselves in our learning, and showing the kindness back towards others. There are simple things we can do on any given day, such as sharing funny videos to make others laugh, reminding others we appreciate them, and being more mindful of the things we say. By reflecting on our lives and showing ourselves compassion, we can then share that compassion we learned with others. Today, learn from your experiences and share compassion by creating your own self-compassion journal.

Practice Compassion Today:



1. GRAB A NEW JOURNAL OR CREATE YOUR OWN JOURNAL OUT OF PAPER. DECORATE YOUR JOURNAL AND MAKE IT YOURS!
2. AT THE END OF THE DAY, WRITE DOWN A SITUATION THAT MADE YOU UPSET WITH SOMEONE ELSE OR YOURSELF IN YOUR JOURNAL. THIS ALSO INCLUDES ANY SITUATIONS THAT MAY MAKE YOU FEEL HURT.
3. WRITE DOWN HOW YOU FELT IN THE SITUATION ("THIS MADE ME FEEL REALLY FRUSTRATED." OR "THIS MADE ME FEEL SAD."). TRY TO JUST WRITE DOWN YOUR IMMEDIATE EMOTIONS FROM THE SITUATION WITHOUT JUDGEMENT.
4. WRITE DOWN HOW THIS SITUATION HAS HAPPENED PREVIOUSLY OR TO OTHERS AT SOME POINT IN TIME ("I KNOW MY FRIEND ALSO FEELS FRUSTRATED WHEN PLANS GET CHANGED UNEXPECTEDLY.")
5. LASTLY, WRITE DOWN SOME WORDS OF COMFORT TO ASSURE YOU DESERVE KINDNESS WHILE YOU LEARN HOW TO BE MORE COMPASSIONATE AND UNDERSTANDING EVERY DAY ("IT'S OKAY TO MESS UP SOMETIMES. MAYBE I CAN BE MORE PATIENT WITH MY FAMILY NEXT TIME.").

Parent Practice Tip:

Encourage your child to create their own self-compassion journal to learn from their experiences and practice using self-compassion.

To Learn More:

[Easy DIY Journal Video](#)

[More Self-Compassion Journal](#)

[Strategies and Activities](#)

[What is Compassion? \(Choose Love\)](#)

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