


Self-Compassion Journal



A 30-Day Guided Journal



Daily Entry

Created with LoomJournals

How to Use This Journal

Welcome to your journal! Here are some tips to get the most out of it:

- 1 Set aside a few minutes each day to write
- 2 Be honest and write freely without judgment
- 3 Try to write at the same time each day to build a habit
- 4 Review your entries weekly to notice patterns



Scan for a detailed guide on how to use this journal

Date: _____

Mindful Moment *(pause and notice — what thoughts, feelings, or sensations are present right now, witho...*

Common humanity *(who else might feel this way? you are not alone in this)*

Kindness to myself *(what would you say to a friend in your situation?)*

Letter of Self-Kindness *(write a few lines to yourself as a caring friend would — with warmth, understand...*

Today's affirmation *(write a positive statement in the present tense, as if it is already true — e.g. 'i am c...*

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