

# Write your story with self-compassion

1. Write a paragraph about the things you feel insecure about, your imperfections.
2. Notice the emotions that come up. Write them on a separate page each time they come into your thoughts.
3. Write a letter from God to yourself about these feelings.
4. Write a story about one of your favourite memories of all time.
5. If I was a movie character, write the beginning of the story for a film.
6. Write about your favourite day of the week. Why? What? Smells like? Sounds like? Feels like?

## My relationship with rest...

- Write your own definition of self-compassion.
- Write two ways that you could rest your mind and body this week.
- List three ways that you could be more compassionate to yourself.
- What advice would you give a friend who needs to rest? Write it out.
- Now go back and scrub out your friend's name and replace it with your own.

*self-kindness*  
It's okay to feel this way  
I know this hurts  
I will grow through this  
I am doing my best  
I forgive myself

*common humanity*  
I'm not alone  
I am sage  
Others have gone through this  
We will grow together  
I am human not perfect

*Mindfulness*  
What is good?  
My emotions do not define me  
I am loved  
I am purposed  
I am enough

I was born where...  
I am allowed to...  
I was hurt by...  
Life was short for...  
Things were difficult but...  
Friends were lost and found in...  
I cannot begin to...  
I have lost my...  
Tomorrow will be...  
Whether or not I will...  
Hello...  
Goodbye...

