



Your 7-Day Self-Compassion Kick-Start Plan

Mon	Self-Compassion Break: Notice, acknowledge, offer kind words, soften with 3 breaths.
Tue	Mirror Work: Look into your eyes for 30 seconds, speak one kind phrase aloud.
Wed	Body-Scan Pause: Invite warmth into each body part for 5 minutes.
Thu	Compassionate Breathing: Inhale “May I,” exhale “be kind” for two minutes.
Fri	Loving-Kindness Mini: Send “May I be happy” to yourself, then to a loved one.
Sat	Outreach: Share one vulnerability with a trusted friend and offer them compassion.
Sun	Reflect & Celebrate: Journal your biggest insight and one way you showed yourself kindness.