

Self-Compassion and Self-Worth

1. What am I using as evidence that I'm not good enough, and is that evidence actually fair?



2. What would I say to someone I love who was struggling in exactly the way I am?



3. Which mistake or difficult period am I still using to define myself?



4. What part of myself have I been judging when I might actually need understanding?



5. What qualities do I have that have nothing to do with productivity, appearance, money, grades, or career progress?



6. Where have I been comparing my life with someone else's and quietly deciding that I'm falling behind?



7. What would treating myself with reasonable patience look like today?

