



SELF COMPASSION CHECKLIST



MINDFUL PATH COUNSELLING

Self-Compassion Checklist

Being kind to yourself can often feel challenging, especially when life gets busy or things don't go as planned.

This checklist is designed to help you pause and reconnect with a gentler, more understanding side of yourself. It's a simple tool to encourage self-compassion in moments when you need it most, supporting you to be as caring to yourself as you would to a close friend.

Take a moment to reflect and see how you can bring more kindness into your everyday life.

Take a moment to pause and breathe when feeling stressed

Allow yourself to take breaks when you need them

Celebrate your progress, no matter how small

Speak to yourself with the same kindness you would offer a friend

Forgive yourself for mistakes and view them as opportunities for growth

Set boundaries and say 'no' when necessary

Prioritise your emotional well-being over perfection

Give yourself credit for your efforts, even when things don't go perfectly

Accept that you don't need to have everything figured out right away

Practice self-compassion daily, remembering you're doing the best you can