



SELF-COMPASSION



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SELF-COMPASSION

is being kind and understanding to yourself when you face a challenge or make a mistake. No one ever said we had to be perfect, right? There are 3 parts to practicing self-compassion:

#1 NOTICE:

Have you ever seen a bird watcher? They stand back and observe birds without interfering with them. They notice. You can do the same thing with your thoughts and feelings. You can notice thoughts and feelings without trying to change them.

#2 CONNECT:

Everyone in the world has something in common: challenges. When you're facing a challenge, it helps to remember we're all connected and you're not alone.

#3 BE KIND:

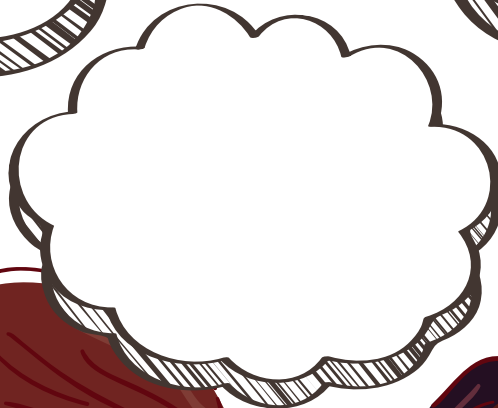
It's easy to be hard on yourself when you're struggling or make a mistake. You probably don't do that to your friends. It's time to treat yourself like your own BFF.

NOTICE:

Try to notice your thoughts and feelings without trying to change them. Write your thoughts and feelings below, starting with the words "I notice." Then, close your eyes for a few minutes and imagine the words floating by.




I notice I'm having the thought that I'm worried.

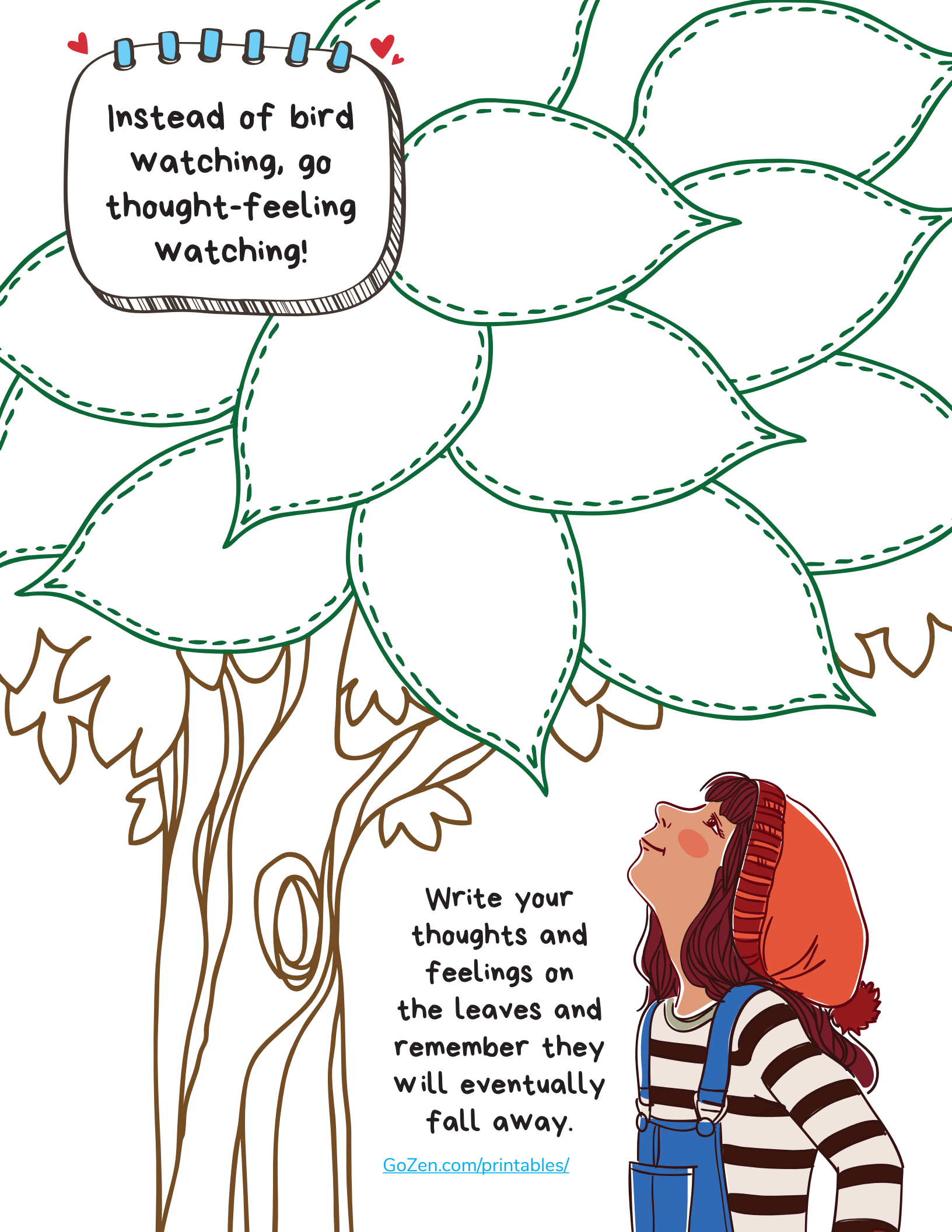


I notice I'm feeling butterflies in my stomach.





Instead of bird
watching, go
thought-feeling
watching!



Write your
thoughts and
feelings on
the leaves and
remember they
will eventually
fall away.

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Noticing thoughts and feelings without trying to change or ignore them might be tough, at first. That's OK! It gets easier with practice. :) Write about your struggles and wins.

Noticing struggles:



Noticing Wins:



Five Things



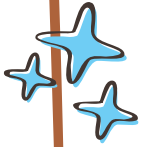
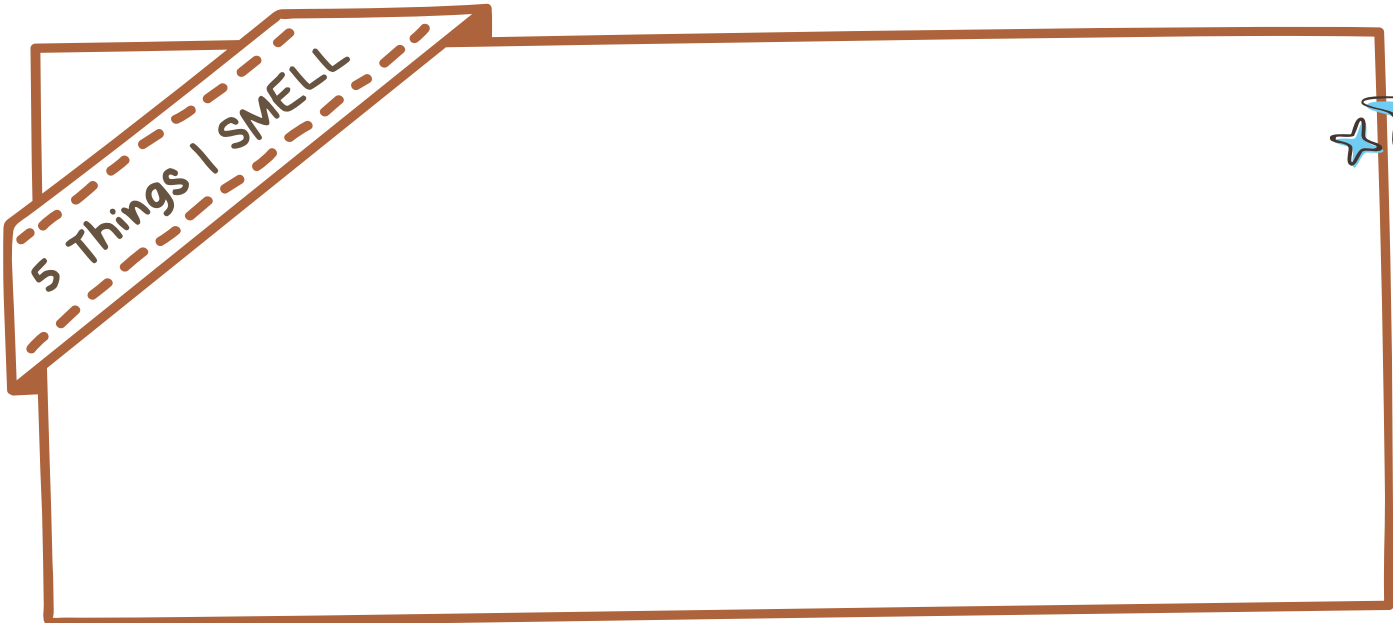
Five Senses

Practice noticing your outward experience. What are five things you notice with each of your five senses?

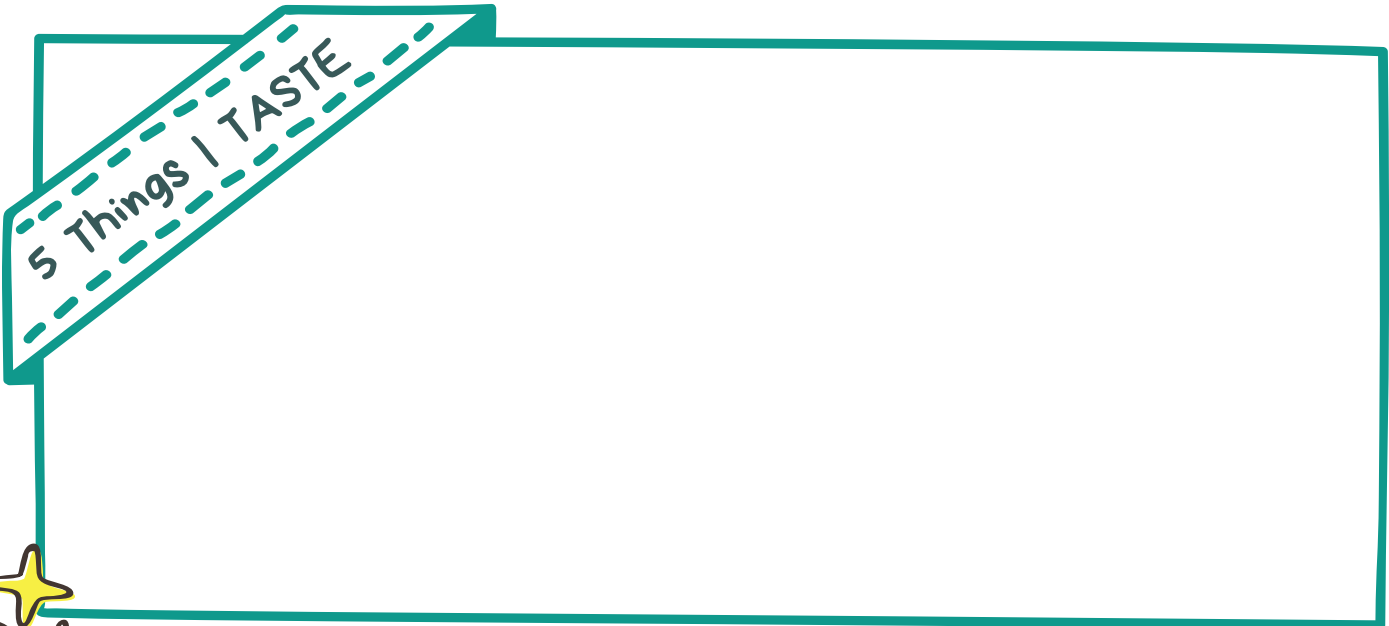
5 Things | SEE

5 Things | HEAR

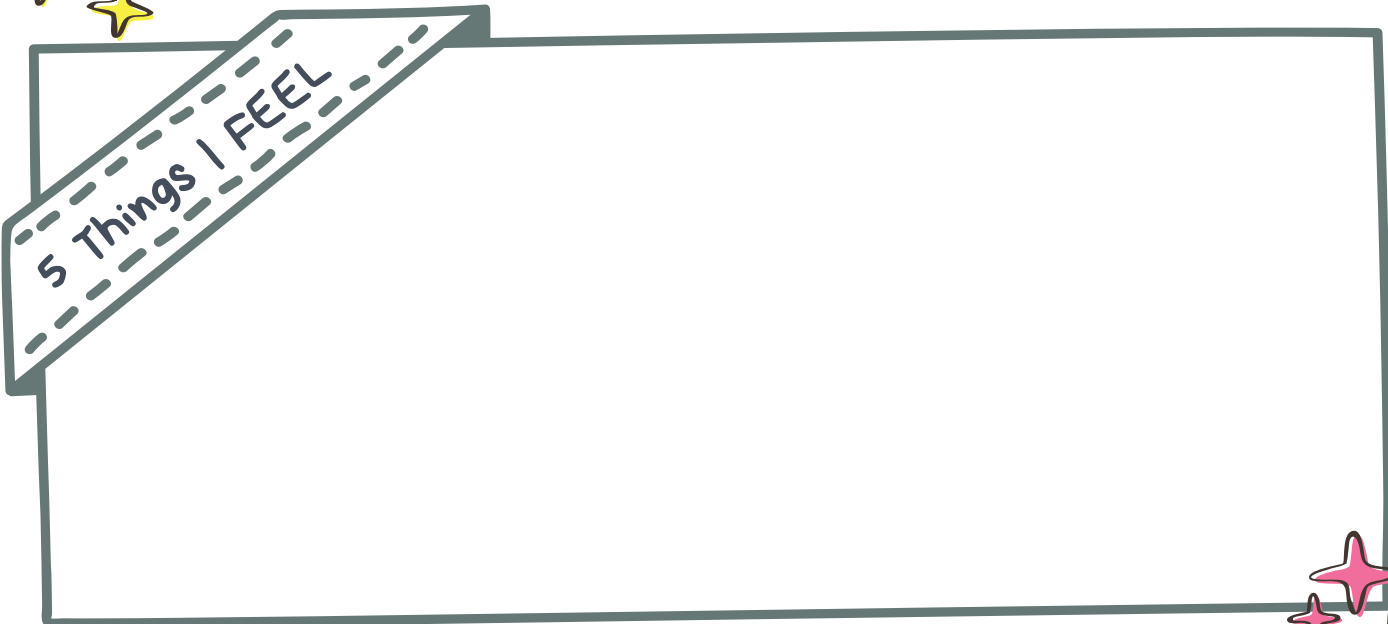
5 Things | SMELL



5 Things | TASTE



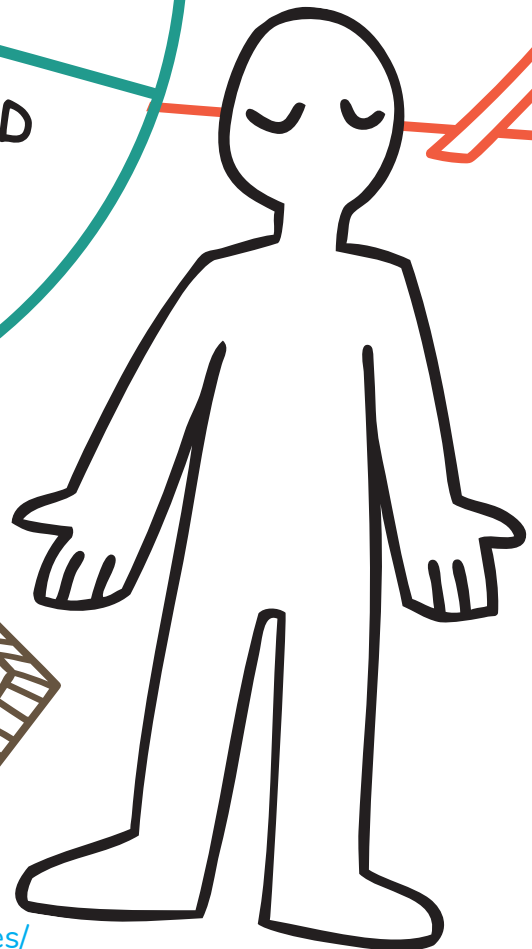
5 Things | FEEL



Notice your inward experience.
What are you feeling right now?
Color or write in your feeling
on the wheel of emotions.



I notice that
I'm feeling...



Feelings show up in
different parts of your
body. Circle or color where
you feel your feeling.

MY FEELINGS



PLAYLIST

Ever heard a song that describes exactly how you're feeling? Sometimes songs help us notice our feelings. Make a playlist of songs which describe your feelings here:

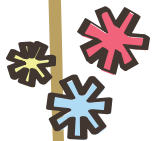




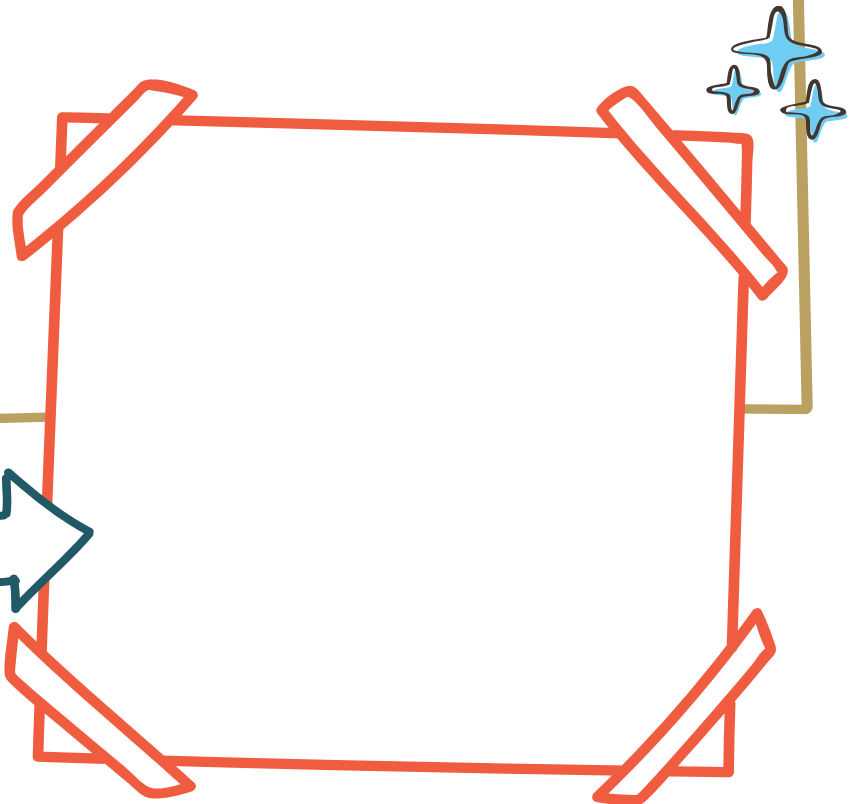
Right now, I notice I'm feeling...

If my feeling had a color, it would be...

If my feeling had a texture, it would be...



If my feeling was a character, it would look like:



CONNECT:

No matter what you're struggling with right now, you are not alone. Everyone has challenges. Here are real examples from kids and teens:



I struggle with math.



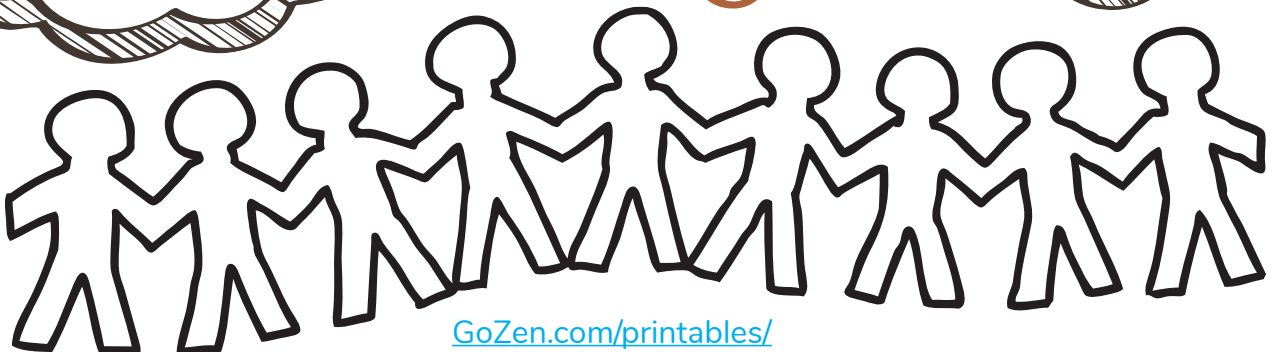
I struggle with making mistakes.

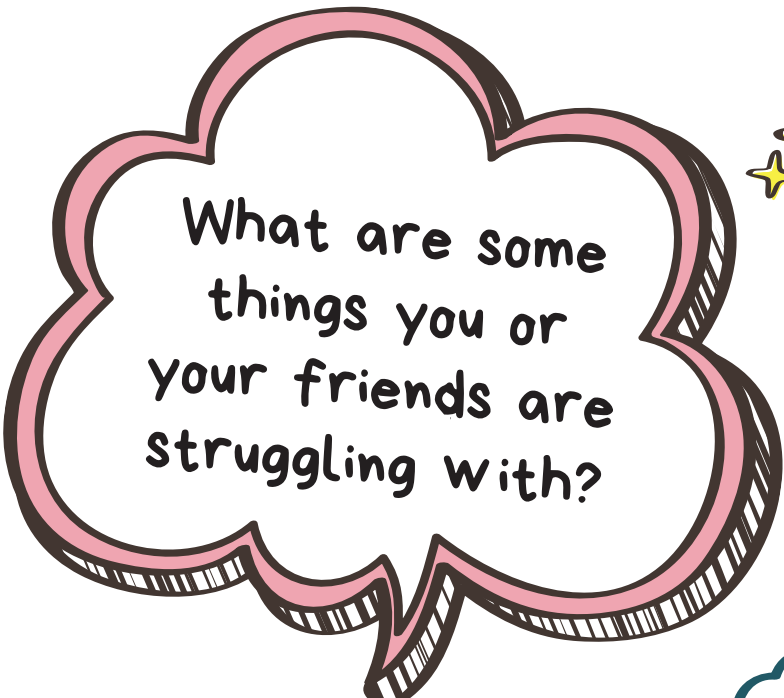
I struggle with being on time.

I struggle with wanting to play video games instead of doing school stuff.

I struggle with getting along with my brother.

I struggle with getting enough exercise.





What are some things you or your friends are struggling with?



BE KIND:

Are you as kind to yourself as you are to your friends? Think of a challenge you're facing and check out the difference.

My challenge:

How I talk to myself about this challenge:

How I'd talk to a friend facing this challenge:

How is what you wrote to yourself different from what you'd write to your best friend?

Dear Me,

Think of a challenge you're facing. Give yourself advice in the voice of a friend.

Love,
Me

Putting
it all
together!

Part #1: Notice

Right now, I notice...
I notice I'm feeling sadness.
I notice I'm thinking I am sad.
I notice I'm feeling
butterflies in my stomach.
I notice I'm feeling
tightness in my chest.

All of us go through
tough experiences.

We all face
challenges...

It's part of
being human.

Everyone faces
hard things.

Part #2: Connect

Dear Me,
This is hard. You've been
feeling really sad lately.
What's going on right now
is pretty tough, but you
have incredible strengths.
Remember, you've been
through hard things and
they always get better.
This time will pass.

Love, Me

Part #3: Be Kind

Your turn
to practice!

Notice your thoughts.
Notice how you feel.

Part #1: Notice

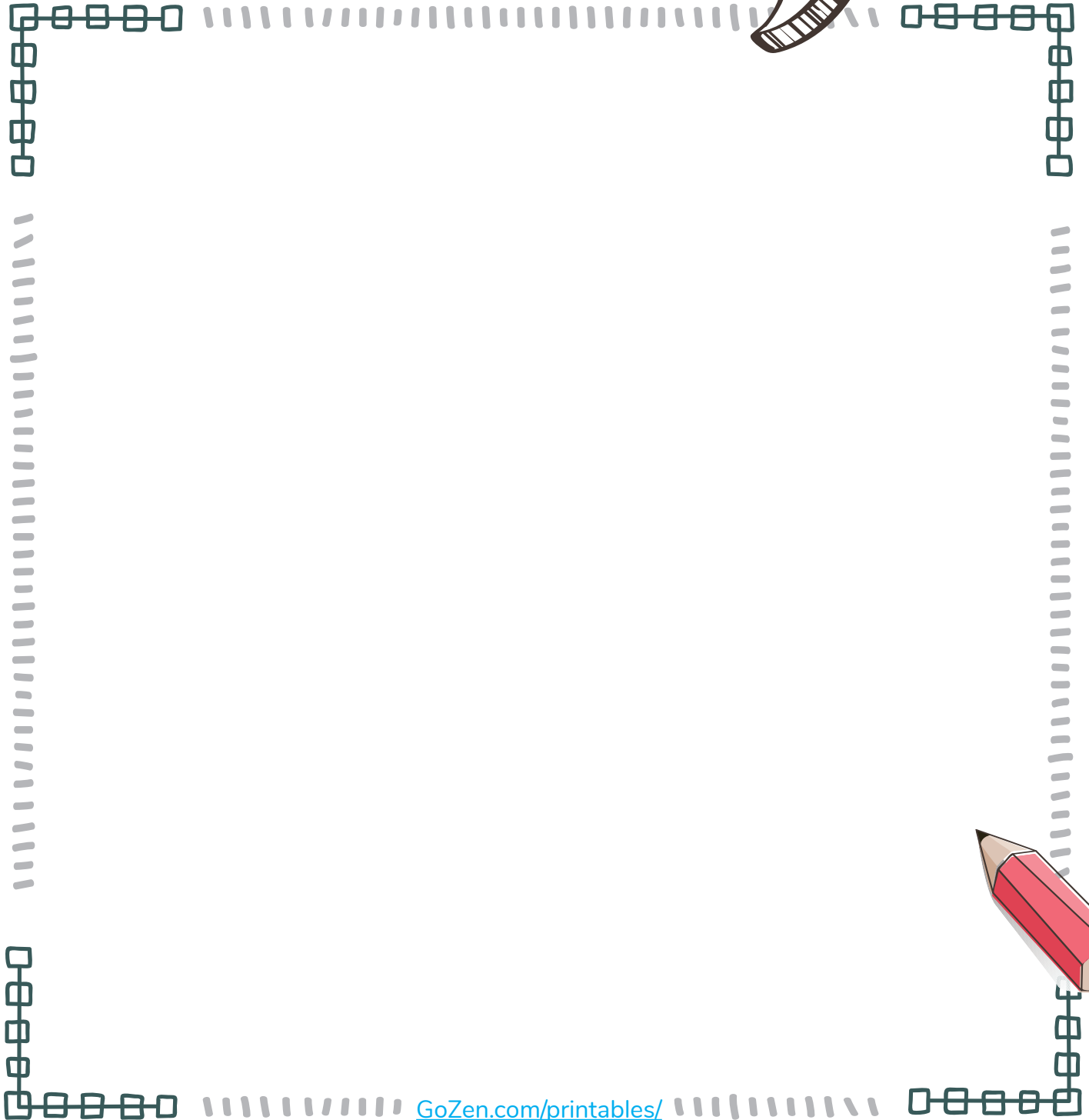
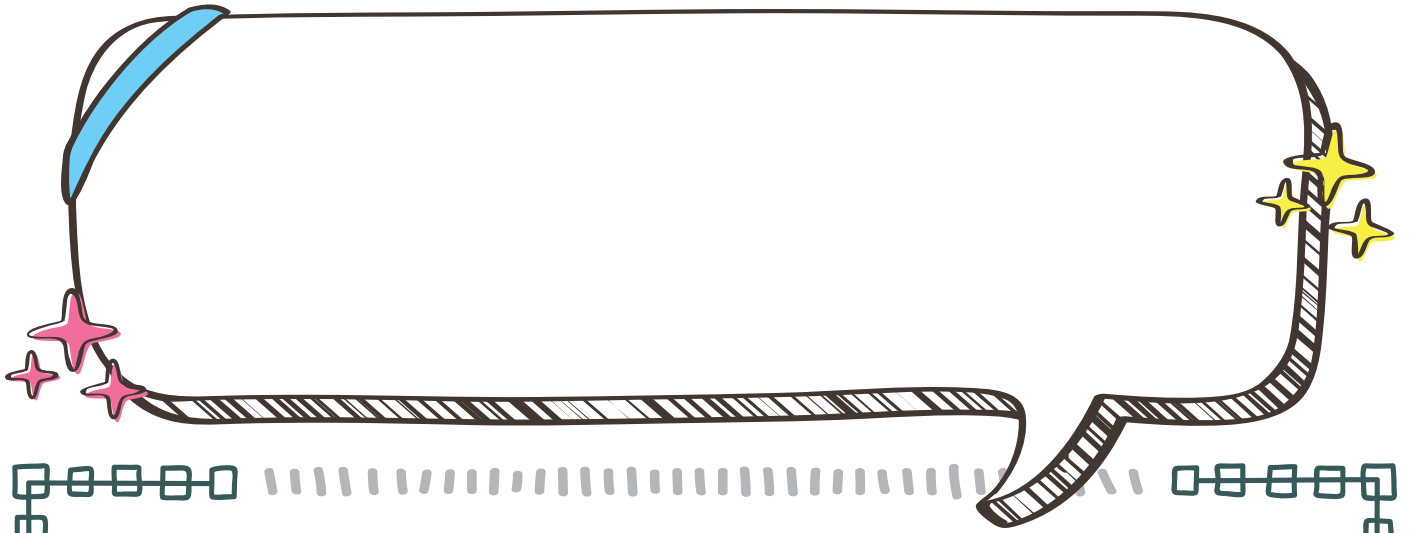
We're all in this together.
Remember, you're not alone.

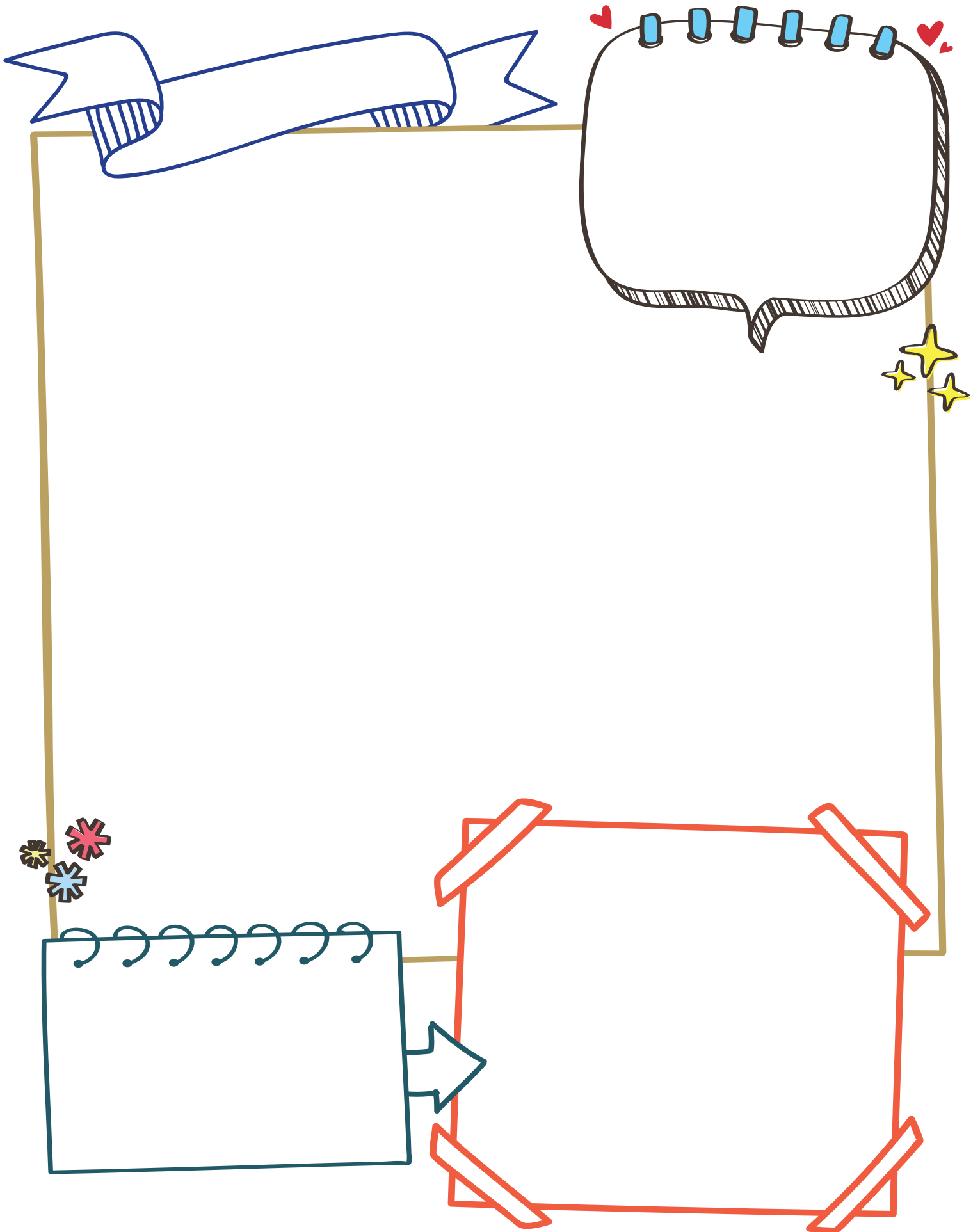
Part #2: Connect

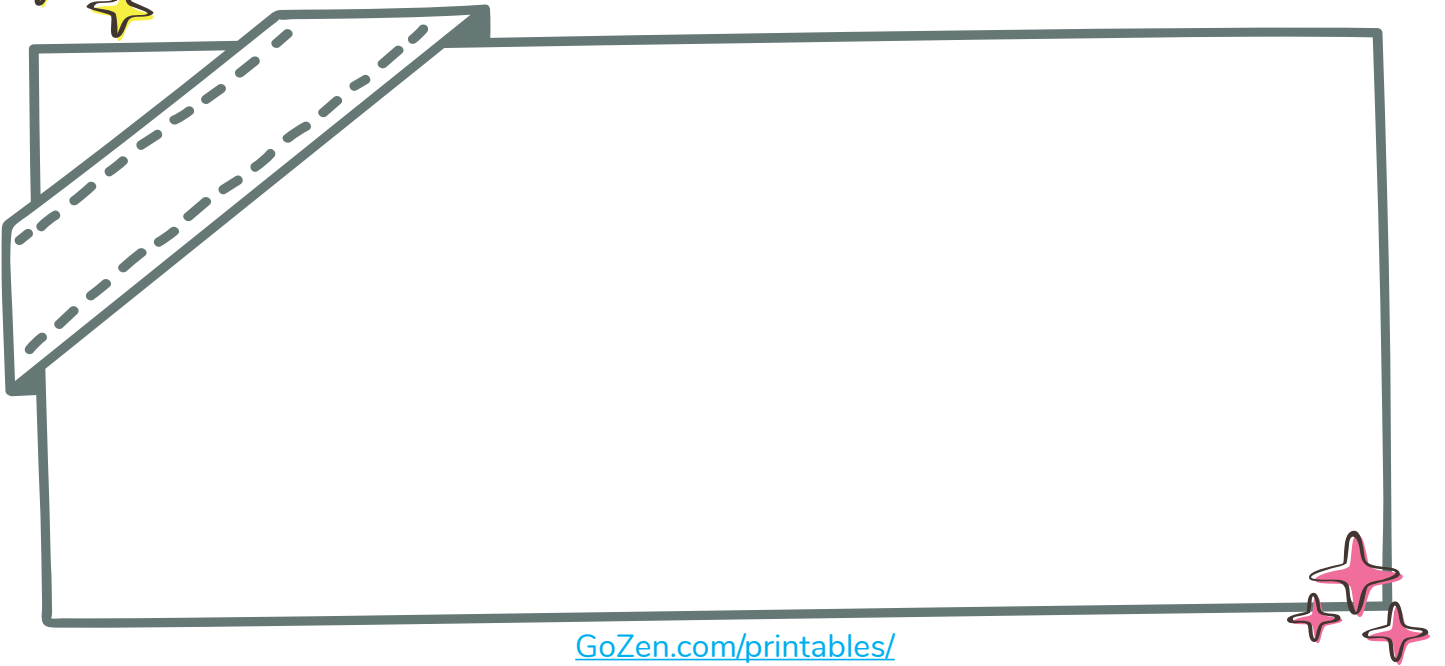
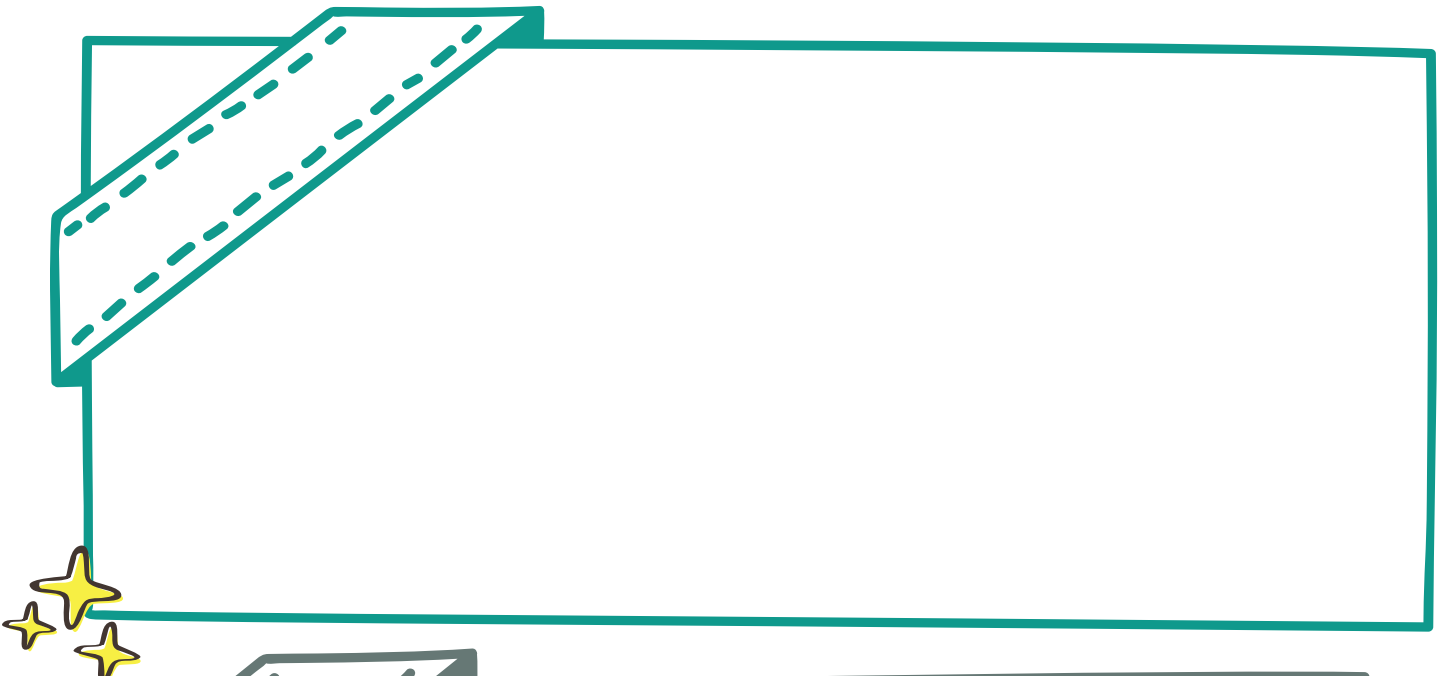
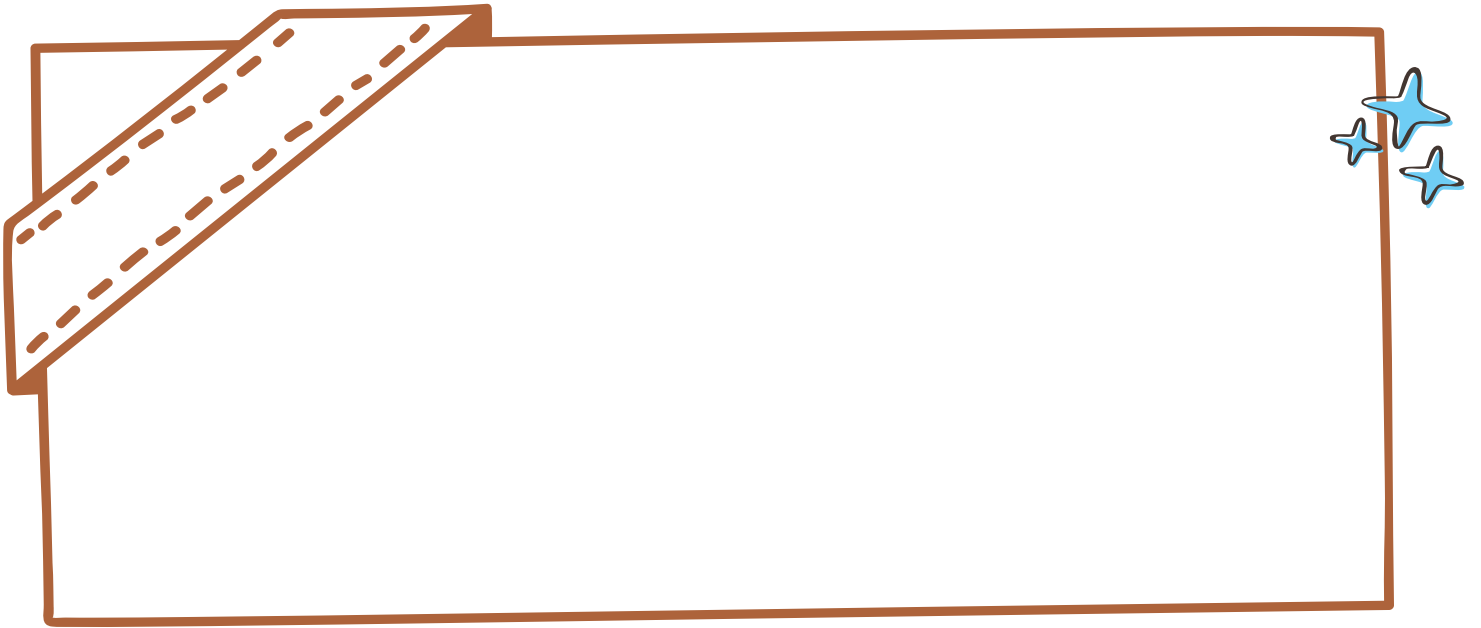
Dear Me,

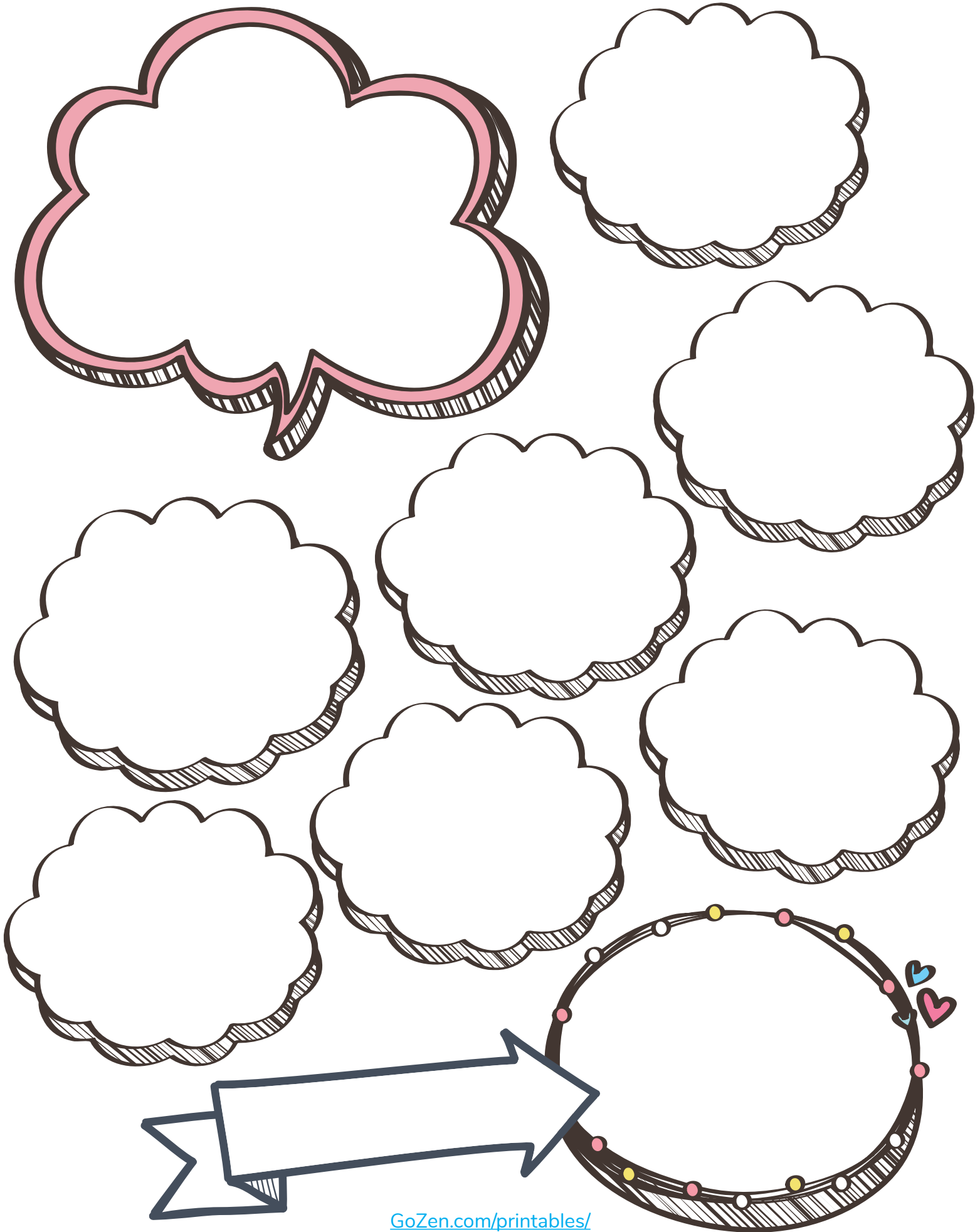
Part #3: Be Kind

Love, Me





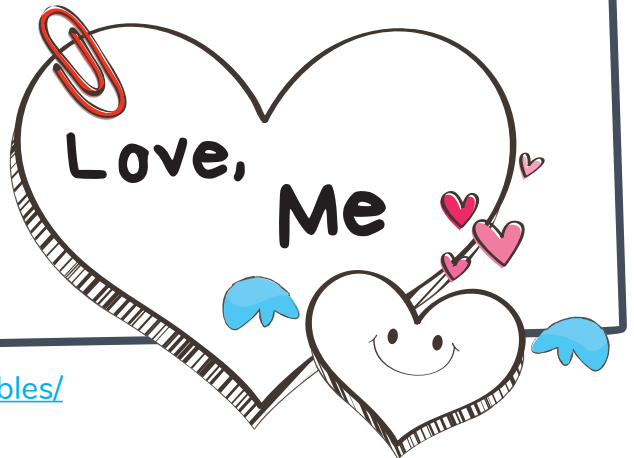




Dear Me,



Love,
Me





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