SELF-COMPASSION CHECK-IN

Slow down. Speak gently. Start with care.

DATE _____ **TIME** _____

1. WHAT HAPPENED?

2. WHAT AM I SAYING TO MYSELF?

3. WHAT WOULD I SAY TO SOMEONE I LOVE?

4. WHAT DO I NEED RIGHT NOW?

- ☐ Rest
- ☐ Support
- ☐ Reassurance
- ☐ Quiet
- ☐ Water / food
- ☐ A break
- ☐ Space
- ☐ Kindness

5. A GENTLER TRUTH

6. ONE KIND THING I CAN DO FOR MYSELF TODAY

You deserve your own kindness too.

LET'S HEAL TOGETHER!

Nova Wellness Collection Inc.

For reflection and self-support; not a substitute for professional care.