



= 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.