

THE CARING FOR ME COLLECTION



A JOURNAL OF

Self-Compassion

30 days to speak to yourself with more love

30
DAYS



This journal belongs to



MY NAME

START DATE

WHY I AM STARTING THIS JOURNAL

These pages are a safe place to speak to yourself with honesty, respect and tenderness.

Welcome to your practice

You don't have to feel good to deserve kindness.



1

Notice

Acknowledge what you feel without exaggerating or hiding it.

2

Understand

Remember that suffering, making mistakes and needing support are part of being human.

3

Support

Respond to yourself with words and actions that reduce harm and increase care.

You don't need to do it perfectly. You only need to come back to yourself once more.