



Self-Compassion Printable Journal Page



♥ How I'm Feeling Today





♥ What My Heart Needs Right Now

- ☐ Rest
- ☐ Reassurance
- ☐ Quiet
- ☐ Movement
- ☐ Connection
- ☐ Space
- ☐ Other: _____





A Loving Message to Myself

Write a kind sentence you need to hear today:

Two vertical lines defining a large space for writing.



✕ ✕ ✕ A Loving Message to Myself

Write a kind sentence you need to hear today:





:

♥ Three Things I Appreciate About Myself





♥ What I Am Releasing

A thought, expectation, or pressure I am letting go of:



♥ A Small Act of Care I Will Give Myself Today





♥ Affirmation

“I deserve love, especially my own.”





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