
WEEKLY SELF-COMPASSION WORKSHEET

It sure is easy to beat yourself up about not following your “diet” or workout plan isn’t it? But beating yourself up and promising yourself that this week you’ll do better won’t do you any good because there’s no evaluation of what happened and next action steps so that you can actually improve.

At the end of each week (usually Sunday) ask yourself the following questions and come up with a few ways you can be prepared for the week ahead.

What is one BIG win that you experienced this week? In what ways are you proud of yourself? Hint: Maybe think of an obstacle you had to overcome.

Was there anything that got in the way of your planned activity or exercise? What could you have done to get the most out of this situation?



In what ways can you better prioritize your life and yourself so that daily movement and healthier eating is easier for you to do?

What is at least one thing you are grateful for this week?

Is there anyone that you need to talk to about your daily self-care needs? If so, what do you plan to say to them so that you can get your needs met.

Looking at the week ahead what are 3 things you can do to help you have an extraordinary and healthy week?

