

Week 1

Offer yourself compassion at moments when you notice judgment toward yourself.

Week 2

Take a quiet moment at the end of the day to check in with yourself about the intention you set in the morning. Be gentle with yourself if you did not follow through as well as you would have liked. Appreciate yourself and notice the outcome if you did!

Week 3

Practice returning to the breath, your feet, and seat throughout each day. Notice what happens. You are learning how to intervene with yourself!

Week 4

Notice and identify the *choice points*, the forks in the road, where you can follow through with the intention you set. Becoming more aware of our choice points is a beautiful mindfulness practice.

Week 5

Notice the beauty of the natural world, whether it be the morning light, seasonal changes like fall leaves, the winter's snow, a garden blooming, the majesty of color in the sky as the sun sets or dawn. Breathe in moments of beauty during the day.

Week 6

Experiment throughout the day with *the Self-Awareness Scale* to track your fluctuations. Notice how stressful thoughts create sensations and feelings in the body.

Week 7

Practice frequent random acts of self-compassion today!

Week 8

Take the opportunity while we are focusing on self-compassion this week, to do a little journaling about moments throughout the day when you acted with more self-compassion or self-acceptance.

Week 9

Breathe in compassion, and breathe out compassion, for a few rounds of breathe.