

Worksheet 4

Daily self-compassion tracker

A weekly practice for noticing — and growing — your relationship with yourself.

Self-compassion grows through small, repeated noticing. Use this tracker once a day for a week. Three minutes is enough. The point is not to grade yourself — it is to see yourself, gently and honestly.

Day	A moment I struggled today	How I responded (critic / compassion)	What I needed
Mon			
Tue			
Wed			
Thu			
Fri			
Sat			
Sun			

End-of-week reflection

When was I hardest on myself this week?

When did I offer myself compassion — even a little?

What does the part of me that struggled most this week need?

What is one act of self-compassion I want to bring into next week?

References

Neff, K. D. (2011). *Self-compassion: The proven power of being kind to yourself*. William Morrow.