

SELF-EVALUATION

SESSION 4

THE COMPASSIONISTS

INTENTION

Gain more clarity around the concept of self-compassion

Find three simple ways to practice self-compassion daily

Start your self-compassion journal



SESSION 4 - THE COMPASSIONIST

SELF-EVALUATION



Have you achieved what you've intended?

What went well during your session?

What has helped you most?

What didn't go so well?

What have you learned about yourself?

Why?

How can you implement what you've learned?

What support do you need?
