

Self-compassion 28-day challenge

Let's build our self-compassion muscle over the next 28 days! Each day that you practice your affirmations draw a heart in that day's box.



1	2	3	4	5
6	7	8	9	10
11	12	13	14	15
16	17	18	19	20
21	22	23	24	25
26	27	28		

Reflection

What did you notice shift over the past 28 days?



“ Compassion is not a virtue – it is a commitment.
It's not something we have or don't have – it's
something we choose to practice. ”

– Brené Brown