

MindfulLiving™ Module 7

Self-Compassion Mastery

Introduction Getting Started

Self-Compassion Mastery

❖ Self-compassion mastery

Is an essential skill that transforms our relationship with ourselves, which, in turn, improves our relationships with others. By expressing our thoughts and feelings with honesty and empathy toward ourselves, we harness a powerful force that fosters inner understanding and connection. This approach not only involves treating ourselves with kindness but also requires actively listening to and understanding our own perspectives.

❖ Embracing self-compassion

In how we communicate with ourselves enhances our relationships, creating a supportive environment where we feel valued and heard—first by ourselves, and subsequently by others. As you reflect on the questions in this worksheet, consider how incorporating self-compassion can elevate your personal and professional interactions.

❖ Think about the impact of your words

The intentions behind them, and how you can cultivate a more empathetic and understanding dialogue with yourself first, laying the groundwork for deeper connections with those around you.

Instructions for Students - Self-Compassion Mastery Module

❖ Purpose of the Worksheet:

This Getting Started Worksheet will help you lay the foundation for your practice and provide insights into your journey toward self-compassion mastery.

❖ Mindfulness Journal:

Shery Clein, your MindfulLiving™ Coach, strongly encourages you to maintain a MindfulLiving™ Journal. This journal will be a dedicated space for recording your reflections and progress, allowing for deep exploration of your thoughts and feelings, tracking your development, and gaining clarity on your path to more compassionate self-communication.

❖ Taking Your Time:

Allow yourself the time needed to fully engage with these exercises. They are designed to deepen your self-awareness and clarify your goals for incorporating self-compassion practices into your communication.

❖ Reflection:

These questions are meant to guide you in practicing mindful and compassionate communication with yourself. Reflect on each one thoughtfully to shape how you approach conversations and interactions with kindness and understanding—beginning with yourself.

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Commit to Change: Self-Compassion Mastery Questionnaire

Establishing new behaviours takes about 28 days. Dedicate this time to fostering new beginnings and approaching life with fresh insight.

1. How do you usually respond to your mistakes?

(Share your initial thoughts and feelings.)

2. When you experience negative emotions, what do you say to yourself?

(Consider your self-talk during tough times.)

3. How often do you show yourself kindness during challenges?

Rate from 1 (never) to 5 (always) and explain your rating.)

4. Can you recall a recent situation where you felt you deserved more compassion?

(Briefly describe what happened.)

5. What steps can you take to treat yourself with the same compassion you offer a friend?

(List a few specific actions or thoughts.)

6. How do you feel about seeking support from others when you're struggling?

(Identify any barriers you might face when reaching out.)

7. What self-care practices do you have, and how do they support your self-compassion?

(Identify a few self-care activities that help you feel nurtured.)

8. How often do you practice mindfulness to cultivate self-compassion?

(Rate from 1 (never) to 5 (always) and describe your experiences briefly.)

9. What negative beliefs about yourself do you need to challenge?

(Identify a few thoughts you have about yourself.)

10. What three affirmations can you use to promote self-compassion?

(Write down affirmations that resonate with you.)



Self-compassion allows us to grow, heal, and thrive from within.

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