

This week, practice compassion: give yourself permission to be kind to yourself; notice how you speak to yourself and ask "would I say this to a close friend?"; give yourself physical signs of warmth and love; practice compassion meditation and write down some kind, understanding words of comfort in this calendar.

M Y C O M P A S S I O N W E E K	Monday	Tuesday
Wednesday	Thursday	Friday
Saturday	Sunday	WELL DONE ME! M