



DAILY

self compassion
&
curiosity journal

MORNING AFFIRMATIONS

Starting the day with positive, supportive words helps build a foundation of self-love and can steer you towards compassion.

Write down or repeat five affirmations that emphasize self-compassion and self-worth.

Ex: “I am worthy of love and respect, no matter what.”

"I am doing the best I can today, and that's enough."

This image shows a full page of handwriting practice paper. It features multiple sets of horizontal dashed lines spaced evenly down the page, providing a guide for letter height and placement. The background is a light cream color, and there are no margins or other markings present.

CURIOSITY- IS THE DESIRE TO GAIN KNOWLEDGE OR INFORMATION

What does 'enough' mean to me today?

This image shows a full page of white paper with horizontal blue ruling lines. The lines are evenly spaced and run across the width of the page, typical of notebook or composition paper. There are no margins, text, or other markings on the page.

MINDFUL EATING MOMENT WITH CURIOSITY

Take a few minutes before eating to check in with your body. Ask yourself:

How does my body feel right now?

What am I hungry for—physically or emotionally?

How can I be kind to myself while eating today?

This image shows a full page of handwriting practice paper. It features multiple sets of horizontal dashed lines spaced evenly down the page, providing a guide for letter height and placement. The background is plain white, and there are no margins or additional markings.

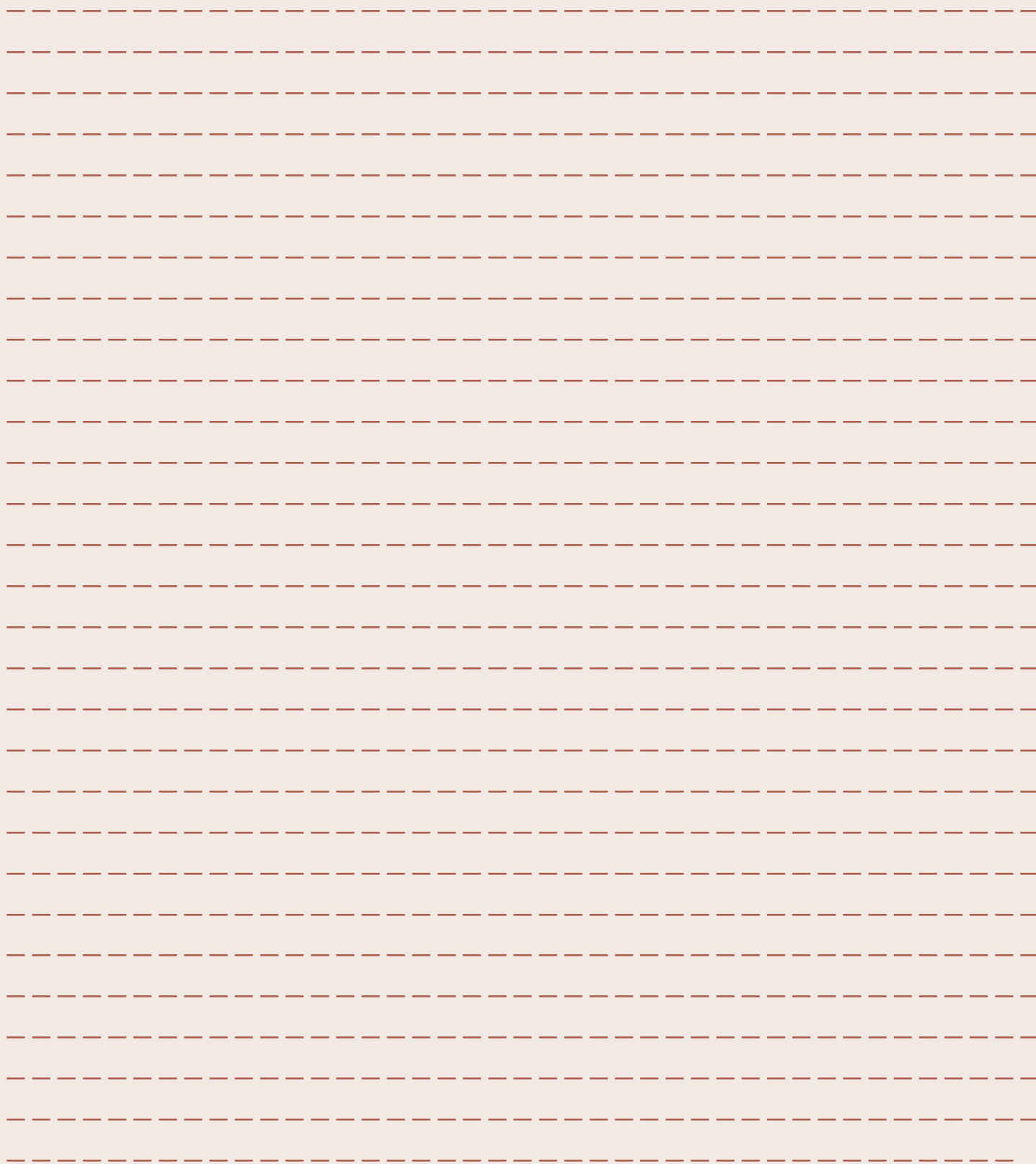
SELF-COMPASSIONATE JOURNALING

Write a letter to yourself as if you were writing to a close friend.

In the letter, express understanding, forgiveness, and encouragement. Reflect on your journey, acknowledging how far you've come and how deserving you are of support and care.

Journaling in this way allows you to step outside of yourself and speak to yourself with empathy, shifting away from negative self-talk.

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REFLECTING

One thing I am proud of myself for today?

[illegible]

BODY APPRECIATION PRACTICE

Stand in front of a mirror and take a moment to appreciate your body for what it does for you. Acknowledge at least three things you like about your body, whether it's strength, resilience, or any physical feature you appreciate today.

This activity helps rebuild a positive connection with your body, promoting gratitude rather than judgment.

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GRATITUDE PAUSE

Pause at different moments during the day and write down three things you're grateful for. These can be small moments of joy, such as feeling the warmth of the sun or receiving a kind message from a friend.

Gratitude shifts focus away from perfectionism and scarcity, encouraging a mindset of abundance and self-compassion.

[illegible]

GENTLE MOVEMENT OR STRETCHING

Engage in a short and gentle movement practice, such as yoga, walking, or stretching, that focuses on how your body feels rather than how it looks. Focus on how your body feels with each stretch or movement and show it gratitude for what it can do.

Gentle movement fosters a loving connection to your body, offering kindness through self-care without expectations.

[illegible]

KINDNESS MEDITATION

Practice a short meditation focused on sending kindness to yourself. For instance, you could use phrases like:

- "May I be happy."
- "May I be safe and healthy."
- "May I show myself compassion today."

Meditation promotes self-soothing and helps silence the inner critic, creating a space for self-compassion to flourish.

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You did it! You should be so proud of yourself.

Taking initiative in your own life, your own journey, is something to be celebrated.

Find Your Free is about finding your unique way to set yourself free from your struggles with food. To embody self-trust and confidence in every aspect of your life.

replace fear with freedom,
kellie