

Self-Compassion



L - Love as the Foundation

S.E.L.F. L.O.V.E. Transformational Project

About This Session

The first "L" in S.E.L.F. L.O.V.E. Using Kristin Neff's framework, this session teaches you to turn your own kindness inward, to hold yourself with the same warmth, understanding, and care you offer to those you love.

L - Love as the Foundation (Self-Compassion)

Self-compassion is not self-indulgence. It is the recognition that you are human, that suffering is part of the shared human experience, and that you deserve the same kindness you freely give to others.

Kristin Neff's Three Elements of Self-Compassion

For each element, reflect on how it shows up (or does not) in your own life.

Mindfulness: What am I feeling right now, without exaggerating or suppressing?

Common Humanity: How is what I am experiencing part of the shared human experience?

Self-Kindness: What would I say to a dear friend going through what I am going through?

A Letter of Self-Compassion to Myself

Write a letter to yourself as you would write to a dear friend going through exactly what you are going through. Use warmth, understanding, and encouragement.

My Wheel of Self-Care

Rate each area 1 (not attended to) to 10 (thriving). Then choose ONE action for your lowest-scoring area.

Physical (sleep, movement, nutrition)

1	2	3	4	5	6	7	8	9	10
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Emotional (feeling, processing, expressing)

1	2	3	4	5	6	7	8	9	10
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Mental (learning, rest, mindfulness)

1	2	3	4	5	6	7	8	9	10
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Spiritual (meaning, connection, practice)

1	2	3	4	5	6	7	8	9	10
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Social (nourishing relationships)

1	2	3	4	5	6	7	8	9	10
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Creative (play, beauty, expression)

1	2	3	4	5	6	7	8	9	10
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Financial (security, ease, sufficiency)

1	2	3	4	5	6	7	8	9	10
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Environmental (home, workspace, nature)

1	2	3	4	5	6	7	8	9	10
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You can also colour in the wheel below to visualise your self-care balance.



The one self-care action I commit to this week:

The 5 Love Languages for Self-Love

Dr Gary Chapman identified 5 ways people give and receive love. Your primary love language is how YOU feel most loved and nourished. Applying it to yourself creates a daily self-love practice that actually feels good, not forced.

Take the free Love Languages Quiz:

<https://5lovelanguages.com/quizzes/love-language>

Discover your primary love language, then use the exercises below to apply it to your relationship with yourself.

Words of Affirmation

You feel loved when you hear kind, encouraging words. Self-love practice: morning affirmations, a folder of kind messages you have received, journaling what you appreciate about yourself.

Acts of Service

You feel loved when things are done for you. Self-love practice: meal prepping, organising your space, booking appointments you have been putting off, anything that reduces friction in your day.

Receiving Gifts

You feel loved through meaningful tokens. Self-love practice: treating yourself to small meaningful things, fresh flowers, a beautiful notebook, your favourite food, something that says "I see you."

Quality Time

You feel loved through undivided, unhurried presence. Self-love practice: a morning walk without your phone, an afternoon with a good book, a bath without rushing, anything that is entirely for you.

Physical Touch

You feel loved through nurturing touch. Self-love practice: massage, yoga, dancing, warm baths, any practice that honours your body through caring, intentional touch.

My Love Language Self-Love Plan

My primary love language is _____. Here is my daily self-love practice in that language:

Inner Peace Meditation Reflection

After the meditation: what did you notice? Where did you feel peace in your body, and what images or words emerged?

Reflection Questions

1. When is it hardest to be kind to yourself? What tends to trigger self-criticism?

2. What did you feel when you wrote to yourself as you would to a dear friend?

3. Which area of self-care have you been most neglecting, and what has that cost you?

4. What does "loving yourself" actually look like in practical, daily terms for you?

My Notes
