

A Self-Compassion

WORKBOOK

For Tough Days



By To All The Girls Out There Podcast

Introduction

We all have days when life feels overwhelming—when we're unable to keep up with what we want or feel we should be doing. These moments can leave us feeling frustrated, stuck, or even doubting ourselves as exhaustion and self-criticism take over.

But it's in these very moments that self-compassion and care are most essential. They're not signs of weakness; they're the tools that help us recover, reconnect, and continue striving toward our dreams and purpose.

This guide is here to remind you that tough days are a natural part of the journey. Inside, you'll find practical steps, reflective prompts, and gentle encouragement to support and uplift you as you navigate these moments with grace.



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SELF COMPASSION GUIDE

What is Self compassion?

Self compassion is to treat oneself with understanding, kindness, and patience, just as you would with a friend or a loved one that is going through a difficult time. When we encompass challenges we often criticise ourselves, especially when we have a vision of where we want to be. Having self compassion during challenging times encourages you to be kind, patient and understanding with yourself rather than letting your inner critic get to you.

The 3 Key Principles of Self Compassion

01 Kindness

Kindness is at the heart of self-compassion. It's about offering ourselves gentle, encouraging words instead of self-criticism, as well as doing something kind for yourself which may help to make us feel a little more at peace in the moment. When we're kind to ourselves, we're more likely to bounce back from difficult moments with strength and resilience.

- **Try this:** Next time you feel down, take a moment to ask yourself, "What would I say to a friend feeling this way?" Then, turn those same words inward.
- Then ask yourself, what is one thing I can do today that will help me ease my mind/bring me joy in the moment?

02 Understanding

Understanding means accepting our emotions without judgement. When we give ourselves permission to feel, we're honouring our experiences as valid and real. Understanding allows us to see our struggles not as failures but as part of being human.

Try this: When you're going through a hard time, try to understand what emotion you may be feeling, remind yourself, "This is just part of the journey, and it's okay to feel this way when I have made it this is going to be part of my story that is going to inspire others going through the same thing as me"

03 Patience

Patience in self compassion is the reminder that healing and growth don't happen overnight, we can't just tell ourselves to get over it and then we will somehow change. It's about giving ourselves the time and space to process what we're going through without rushing or pressuring ourselves to "get over it."

Try this: When you feel the urge to rush through a hard moment, ask yourself what timeline am I running on? Who told me I had to get through this within a certain time frame? And remember when going through this take it **one day at a time**.

Why Is Self Compassion Important?

Self-compassion isn't about avoiding challenges—it's about creating a safe inner space where you feel supported, even during life's toughest moments. Without self-compassion, bouncing back from setbacks becomes harder, often leading to self-doubt and negative views that can derail your journey to success.

When you practise kindness, understanding, and patience with yourself, self-compassion becomes your greatest tool. It helps you navigate life's ups and downs with resilience, grace, and an unshakable belief in your ability to grow and thrive.

As the saying goes:

"Self-compassion is a journey of learning to be your own friend, offering yourself the same warmth and patience you would give someone you love."



REFLECTION PROMPTS

Reflection can help us deepen our self-compassion by recognising our needs, emotions, and thoughts without judgement. Take a quiet moment with a pen and some paper, and explore these prompts as a way to reconnect with yourself.

(P.S. You don't have to do all of them—just choose the ones you feel will benefit you the most.)

01 Identify Your Feelings

"What emotions am I experiencing right now? Can I name these emotions without judging myself for feeling them?"

Naming what you're feeling can help bring clarity and acceptance. Remember, emotions are just signals—they're not a measure of who you are.

02 Seek to Understand, Not Judge

"What am I telling myself about my current struggles? Can I try to understand when these emotions started where these thoughts are coming from without criticising myself?"

Self-compassion means seeking to understand why you feel the way you do. This understanding can help ease self-criticism and offer clarity.

03 Be Patient with Your Journey

"What part of my life or growth am I being impatient with? Write a gentle note reminding myself that change takes time?"

Growth is a gradual process, and being patient allows you to honour each step. Recognize that even on slow days, you are moving forward. Seek to Understand, Not Judge.

04 Allow Yourself to Pause

"Am I giving myself permission to slow down and rest when I need it? How can I view resting as a form of self-respect rather than a sign of weakness?"

Patience with yourself includes giving time to recharge. Acknowledge that taking breaks is essential for growth.

05 Reframe Your Inner Critic

"Is there a part of me that's being critical right now? What might this voice be trying to protect me from, and in what ways can I respond to it with kindness?"

Sometimes, self-criticism comes from a place of fear or protection. By acknowledging this, you can gently reassure yourself instead of judging yourself harshly.

06 Offer Yourself Kindness

"Talk to yourself with compassion, what is it exactly that you need to hear right now?"

Self-compassion means showing yourself the kindness you'd extend to others. Write down any gentle, supportive words you'd share with a friend.

07 Practice Kind Patience with Self-Improvement

"When I think about my goals, am I expecting myself to reach them overnight? Why is this? What is it that I may need to learn now at this current moment in time?"

Achieving dreams and goals takes time, and setbacks are part of the journey. Approach each step with kind patience.

08 Celebrate Small Wins

"What's one small win or positive step I took recently? How did it make me feel?"

Reflecting on small successes can build confidence and self-worth. Recognising progress, however small, reinforces that you're growing.

09 Self-Compassionate Action

"What's one small, kind action I can take today to support myself through this moment?"

Whether it's resting, journaling, or simply taking a deep breath, think of a small action that would make you feel supported and cared for.

10 Finding Comfort in the Present Moment

"In this moment, what small thing can I appreciate or feel grateful for, no matter how simple? How can I let this feeling bring a sense of peace and acceptance to my day?"

Sometimes, focusing on the small, present joys can help ground you, bringing comfort and a gentle reminder that you're exactly where you need to be.



GENTLE PRACTICES “FOR DOWN DAYS”

Grounding Exercise: Simple Breathing Practice

- **Exercise:** Take a few minutes to find a comfortable seat. Breathe in slowly for four counts, hold for four counts, and exhale for four counts. Focus on the rhythm of your breathing, letting it bring you back to the present.
- **Why It Helps:** Slowing down your breath helps calm the mind and reconnects you with your body, creating a moment of peace in the midst of stress.

A Moment of Nature Connection

- **Practice:** Step outside, even if just to your porch or a nearby window. Take in any sounds, smells, or textures around you—like the breeze, sunlight, or gentle rustling of leaves. Look for small details that bring a sense of calm.
- **Why It Helps:** Nature has a natural ability to soothe the mind, offering a quiet escape that gently recenters your focus.

Comfort Ritual: Nourishing Your Body and Mind

- **Practice:** Choose a small comfort item or ritual. This might mean brewing a warm drink, lighting a favorite candle, wrapping yourself in a cozy blanket, or meditating. Lean into the experience with all your senses.
- **Why It Helps:** Engaging in small, comforting rituals soothes both body and mind, signalling to your nervous system that it's safe to slow down.



Make your own: use the space below to make your own comfort ritual that you can use every time you're feeling down, after all, you know yourself the best!

Self-Care Menu: Choose Your Own Comfort

Here's a "menu" of small self-care actions to choose from. Try what feels easiest or most comforting to you:

- **Journaling:** Write down whatever you're feeling without judgement.
- **A Walk or Stretch:** Move slowly and with intention, even if it's just around the room. You could do things like yoga, going for a walk or do some sort of sports
- **Rest:** Allow yourself to take a nap or simply lie down without guilt.
- **Listen to spiritual script eg. Quran:** Choose a verse or recitation that brings a sense of peace.

Gratitude Pause

- **Practice:** Take a few moments to reflect on three things you're grateful for right now. These could be as simple as having a roof over your head, a friend's kindness, or even a warm meal.
- **Why It Helps:** Focusing on gratitude shifts attention from what feels challenging to what provides comfort and stability, creating a calming, centering effect.



Permission to Pause Moment

- **Practice:** Place a hand over your heart and close your eyes. Take three slow, deep breaths, and silently say, "I am allowed to pause. I am allowed to rest." If helpful, repeat: "I am doing enough, and it's okay to take a break." and then take a break!
- **Why It Helps:** Often, we forget to give ourselves permission to pause. This simple act of acknowledgment can ease feelings of guilt or judgement, allowing space for true rest.

Setting a Gentle Intention

- **Practice:** Think of one small intention for today, like "I will be patient with myself" or "I will take time to rest if I need it." Write it down or repeat it as a gentle reminder throughout your day.
- **Why It Helps:** Setting a simple intention creates a small purpose, focusing your energy on self-compassion rather than pressure or expectation.

Step by Step Guide

FOR RECONNECTING WITH YOUR GOALS

When things feel overwhelming, reconnecting with your goals can feel like a big leap. Remember, small steps forward can help reignite your purpose. Here are a few ways to gently re-engage and remind yourself of what matters most.

Step 1: Reflect on Where You Are

When things feel overwhelming, it's essential to take a moment to reflect without judgement. Recognise what you're feeling and acknowledge any struggles, setbacks, or wins you've encountered recently. This isn't about criticising yourself but about understanding where you are with compassion.

Prompt:

"What specific feelings or thoughts are coming up around my goals? Am I feeling fear, doubt, pressure, or something else?"

Remember, you don't have to solve everything in one go—simply acknowledging how you're feeling is a step forward.

Step 2: Reconnect with Purpose

Sometimes, in the midst of challenges, we lose sight of why we started. Reconnecting with your purpose isn't about putting pressure on yourself to act right away—it's about rekindling the spark that first inspired you. Reflecting on your "why" can reignite motivation in a gentle and meaningful way.

Prompt:

"What excited me about this goal when I first thought of it? How would achieving it make me feel?"

How to Approach This:

Take a few minutes to write down the reasons this goal mattered to you when you began. Think about the emotions tied to achieving it—pride, fulfilment, joy, or a sense of accomplishment. These feelings are still within reach, even if the path to them looks different now.

Tip:

Write a few words or phrases that capture your initial passion and purpose for this goal. Keep them somewhere visible—like on a sticky note or in your journal—as a gentle reminder of why you're on this journey.

Example:

"I started this goal because it would help me grow and feel more confident in myself. Achieving it would give me a sense of independence and pride."

Step 3: Reset with Small, Manageable Goals

When your goal feels overwhelming, it's easy to get stuck in inaction. Breaking it down into smaller, manageable steps can make the process feel less daunting and more achievable. Even on your hardest days, taking small actions can reignite momentum and remind you that progress is always possible.

- **Ask Yourself:** "If my goal feels far from reach, what's a single, small step that I can take today? It could be as simple as brainstorming, researching, organising your thoughts, or just taking five minutes to visualise what success looks like for you."
- **How to Approach This:** Choose one task that feels doable, no matter how small and focus on completing it. It might be jotting down a to-do list, reading one article, or even just organising your workspace. Each of these actions brings you closer to your goal and helps rebuild confidence in your ability to move forward.
- **Tip:** Remember, every step counts. Progress isn't about perfection or speed—it's about consistency. Celebrate those small wins, no matter how tiny they may seem. Together, they create the foundation for your bigger achievements.



- **Example Task Breakdown:**
- Big Goal: Write a book.
- Small Steps:
 - a. Write a single sentence or paragraph today.
 - b. Research a topic for 10 minutes.
 - c. Create a quick outline of one chapter.
- Today's task - "write one paragraph today."

Step 4: Reframe Challenges as Growth Opportunities

When challenges come our way we often look at it like it's the end of the world and that nothing good can come from it, but challenges also give us opportunities to grow, adapt, and become stronger. There is almost always a lesson we can learn from our challenges, and just like when training your muscle when it tears it gets stronger. By reframing difficulties as lessons, you can transform frustration into empowerment and use it as a chance to build resilience, learn new skills, or gain deeper self-awareness.

- **Prompt:** "What lesson or skill could I gain from this current challenge? How might this experience make me stronger or more resilient in the future? In what kind of scenario in the future may I use this lesson or skill?"
- **How to Approach This:** Take a moment to reflect on what the challenge is teaching you. Is it patience? Problem-solving? Flexibility? A new way of thinking? Write down any insights or realisations that come to mind. If the challenge feels too overwhelming to process immediately, revisit this question when emotions have settled.
- **Tip:** Remember that growth often happens in the most unexpected ways. Even when you feel disconnected from your goals, these challenges may be shaping you into someone better equipped to achieve them. Trust that the process is working for you, even when it feels hard.

Example Mindset Shifts:

- **Setback:** "I didn't get my driver's licence."
- **Reframe:** "This experience taught me how to improve my observations and clutch control when driving."



- **Setback:** "I'm struggling to stay consistent with my goals."
- **Reframe:** "This is teaching me the importance of building habits and adapting my approach to suit what aligns with me."

Step 5: Embrace Flexibility in Your Journey

True self-compassion means allowing yourself to be flexible. Life is full of ups and downs, and some days are simply harder than others. Embracing flexibility helps you adapt your approach without feeling like you're falling short. Rather than pushing yourself to follow a strict routine or high expectations every day, allow your goals to shift to match what you need in the moment. This gentle approach nurtures resilience and prevents burnout.

- **How to Approach This:** Embracing flexibility is about giving yourself permission to rest, change course, or take smaller steps when needed. Listen to your energy levels and emotional state daily, and adjust your plans based on what feels right. **For example:**

"Today, I'm tuning in to what my mind and body need. If that means slowing down or shifting priorities, I'll honour that as a necessary part of my journey."

- **Prompt:** "How can I be kind to myself by allowing room for flexibility today?"
"What would feel most supportive to me in this moment, even if it's different from what I had planned?"

Additional Tips:

- **Let Go of Rigid Expectations:** Release any strict expectations around what progress "should" look like. Flexibility is about acknowledging that every day is different and making space for that reality.
- **Celebrate Adaptive Choices:** Recognise when you've made an adaptive choice, like deciding to rest, asking for support, or choosing a smaller goal. Every time you embrace flexibility, you're practising self-compassion and teaching yourself that it's ok to listen to what your mind and body needs.





Heart to Heart JOURNAL

The Heart-to-Heart Journal is more than just reflection—it's about creating a ritual of kindness towards yourself. Whether you prefer monthly or quarterly reflections, you can use one of the prompts at the end of each period to consider how compassionate you've been to yourself during that time. Think of it as a space to nurture your well-being by embracing your emotions, celebrating progress, and offering yourself care.

Guided Self-Compassion Prompts

Choose one or more of these practices to complete each month:

- **Self-Compassion Reflection**

"This month, I've honoured my feelings by..."

Reflect on how you've been kind to yourself, even in small ways. Acknowledge the moments where you allowed yourself to feel without judgement.





- **Celebrate Your Wins**

"What is something small I accomplished or handled well this month? How can I celebrate myself for it?"

Action Tip: Write a letter of congratulations to yourself or treat yourself to a small reward.

- **Kindness in Tough Times**

"What was a challenging moment I faced this month? How did I show resilience or self-compassion during it?"

Action Tip: Imagine giving a hug to your inner self during this moment. Write down what you'd say to comfort yourself.





- **Releasing Emotional Weight**

"Is there a thought, mistake, or feeling from this month I'm ready to release? What can I tell myself to let it go?"

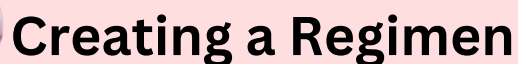
Action Tip: Write it on a separate piece of paper, then crumple or tear it up as a release.

- **Self-Kindness Statement**

"What's one kind or gentle thing I can say to myself today?"

Action Tip: Turn this into an affirmation or mantra for the week ahead.





- Pair it with a soothing activity, such as listening to something calm or lighting a candle.
- Set a timer for 10–15 minutes to ensure you have dedicated time to connect with yourself.
- Conclude by writing a note of gratitude to yourself for taking the time to reflect and care for your inner world.

EXTRA SPACE:



Affirmations and Encouragement

Gentle Affirmations

Take a deep breath and let these words remind you of your strength, your worth, and your capacity to be kind to yourself.

- *I am doing the best I can, and that is enough.*
- *It's okay to rest when I need to. Rest is part of my growth.*
- *Every challenge I face is helping me become more resilient.*
- *I honour my feelings without judgement.*
- *I am kind and patient with myself as I navigate my journey.*
- *I am not defined by my struggles but by my courage to keep going.*





Affirmations and Encouragement

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- *I honour my feelings without judgement.*
- *I am kind and patient with myself as I navigate my journey.*
- *I am not defined by my struggles but by my courage to keep going.*

Pause on each affirmation and let it sink in. Repeat them out loud or in your mind, especially on days when you need a little extra love and support.





A LETTER FROM MY HEART TO YOURS

To the beautiful soul reading this,

I know it may feel really difficult right now but I just want you to know that you're a lot stronger than you think sis. Everyday we look at people on social media and around us and feel as though we are not doing enough or that we could be doing more but, whose actually putting a threshold on this thing for us to feel like there is a certain amount that we should be doing. The fact that you're a girl trying to work on yourself and get better everyday just goes to show how amazing you are and the kind of things you are capable of doing in this life. Remember to take it a day at a time you're not racing anyone you just need to be the best version of yourself AND NO THAT DOESN'T MEAN THAT YOU'RE NOT PERFECT NOW, you are amazing right here right now as the woman you are today and you need to nourish and care for and love her in the best way she can because it is you who is going to get her to reach those goals your striving for girl, so you better take those rests when you need them and look after yourself and be kind to yourself to the best of your abilities cause we got big girl goals and we need to be achieving them and I wanna see you win and be cheering for you on the sidelines. Now look, you wouldn't be here if you didn't have the determination or drive or the belief that you can get to where you want to be so just take your time and be patient, understanding and kind to yourself during this time and I promise we will see brighter days.

With love and belief in you,

Fatima x



An Encouraging Reminder

Whenever you feel overwhelmed, come back to this simple truth:

"You are braver than you feel, stronger than you think, and more capable than you know. Keep going—your light is needed in this world."

Resources & Recommendations

This section provides extra support and resources for those who want to dive deeper into self-compassion, self-care, and growth. It's also a great place to offer books, apps, or people that can inspire and help guide your readers.

Books to Explore:

1. **"The Gifts of Imperfection" by Brené Brown** – A fantastic read on embracing vulnerability and letting go of perfectionism, which is closely tied to practising self-compassion.
2. **"Self-Compassion" by Kristin Neff** – This book dives deep into the science behind self-compassion and offers practical exercises to cultivate it in your life.
3. **"Radical Acceptance" by Tara Brach** – A beautiful read about learning to accept yourself as you are, even through challenges.
4. **"Buy Yourself the Damn Flowers" by Tam Kaur** – A powerful message about treating yourself with love, kindness, and respect, just like you would for someone you care deeply about. Tam's approach is all about embracing self-compassion and not waiting for external validation to show yourself the care and nurturing you deserve. This empowering reminder is about giving yourself the love you need right now.

Resources & Recommendations

Apps to Support Your Journey:

1. **Headspace** – A mindfulness and meditation app with sessions that focus on self-compassion and managing tough emotions.
2. **Calm** – An app offering guided meditations, sleep stories, and breathing exercises to help cultivate a peaceful, self-compassionate mind.
3. **Insight Timer** – Free meditations and mindfulness practices from experts, including self-compassion-focused content.

Podcasts To Listen To:

1. Navigating Life's Tough Days: A Self-compassion Guide To Bounce Back Stronger – **To All The Girls Out There Podcast**
2. Bear Grylls: Man vs Failure, Anxiety & Imposter Syndrome – **Diary of a CEO**
3. Alecia Keys 5 ways to overcome self doubt and build confidence within – **On Purpose With Jay Shetty**
4. Fat Joe How to be successful after hitting rock bottom and stop letting your failures define you. – **On Purpose With Jay Shetty**
5. How To reinvent yourself & make the greatest comeback of your life (at any age) – **Mel Robbins**
6. Ways to actually practice self love | Healing Inner guide + inner work & being your own best friend – **A Better You Podcast**
7. how to fall in love with your failures | mindset shifts to turns fails into wins – **Self Obsessed Podcast**

Video Recommendations:

1. 15 STEPS TO REAL SELF-CARE | no spend, real results & proven habits
2. Change Your Self-Concept & Master Self-Love 🧡
3. If You Feel LOST, LAZY & UNMOTIVATED In Life, WATCH THIS! | Jay Shetty
4. How to Beat SELF DOUBT, Pick Yourself Back Up, and FINALLY Break Free From SADNESS | Mel Robbins



Closing Reminder & Encouragement

You've made it to the end of this toolkit, and I want to take a moment to remind you of something truly important: **You are doing your best, and that's more than enough.**

The road isn't always smooth, and we're not always perfect—but that's the beauty of the journey. Embrace each moment, even the tough ones, because they're teaching you more than you might realise. Every step, no matter how small, is progress.

Self-compassion is a practice, and it's okay if some days feel harder than others. What matters most is showing up for yourself, no matter where you are in your journey. You are already on the path to creating a deeper, more loving relationship with yourself.

Take This with You:

- **On your tough days:** Be gentle with yourself. Take small steps, rest, and remember that tomorrow is another opportunity to show yourself the kindness you deserve.
- **When you achieve a win:** Celebrate it—big or small. Your progress is valuable, and you should feel proud of every little step, no matter how minor it might seem.
- **Always remember:** You are worthy of love, kindness, and patience—especially from yourself. You deserve to care for yourself just as much as you care for others.

Keep moving forward, girl. You're doing amazing.

Don't forget: **You are enough, just as you are.**

