



SELF-COMPASSION

Mindfulness Meditations

Series 1

Welcome!

Thank you for purchasing our Self-compassion meditation series. We hope you enjoy these amazing meditations Sabrina Miller has carefully curated for you, each specifically designed to help you build your skills to cultivate more self-compassion & kindness in your life.

You can start the series by listening to the Introduction audio track to set your foundation in understanding the importance of cultivating more self-compassion, then, feel free to try out each meditation in which ever order you feel best resonates with you.

Please also find below your Journal to accompany you on your journey of cultivating and growing your self-compassion!

Lastly we would love to hear any feedback - feel free to reach out & let us know anything we can add or change to make this series even better for you!

Anna.



Founding Director & Clinical Psychologist
Well Mind & Body Psychology

What's your Why?

What are your intentions for this mindful self-compassion series?

What are you hoping to take away from the series?

What is one thing you can do that will make it easier for you to do this compassion-focused practice?

Journal - Day 1

What thoughts, feelings and sensations came up for you during your practice today?

What did you find you enjoyed most about today's practice?

What thoughts, feelings or sensations do you find more challenging to sit with in your practice and how do you handle them?

What is one thing you can take away from your practice that will be helpful to carry with you through the day?

Journal - Day 2

What thoughts, feelings and sensations came up for you during your practice today?

What did you find you enjoyed most about today's practice?

What thoughts, feelings or sensations do you find more challenging to sit with in your practice and how do you handle them?

What is one thing you can take away from your practice that will be helpful to carry with you through the day?

Journal - Day 3

What thoughts, feelings and sensations came up for you during your practice today?

What did you find you enjoyed most about today's practice?

What thoughts, feelings or sensations do you find more challenging to sit with in your practice and how do you handle them?

What is one thing you can take away from your practice that will be helpful to carry with you through the day?

Journal - Day 4

What thoughts, feelings and sensations came up for you during your practice today?

What did you find you enjoyed most about today's practice?

What thoughts, feelings or sensations do you find more challenging to sit with in your practice and how do you handle them?

What is one thing you can take away from your practice that will be helpful to carry with you through the day?

Journal - Day 5

What thoughts, feelings and sensations came up for you during your practice today?

What did you find you enjoyed most about today's practice?

What thoughts, feelings or sensations do you find more challenging to sit with in your practice and how do you handle them?

What is one thing you can take away from your practice that will be helpful to carry with you through the day?

Journal - Day 6

What thoughts, feelings and sensations came up for you during your practice today?

What did you find you enjoyed most about today's practice?

What thoughts, feelings or sensations do you find more challenging to sit with in your practice and how do you handle them?

What is one thing you can take away from your practice that will be helpful to carry with you through the day?

Final thoughts

How has it felt to cultivate more self-compassion through this series, what have you noticed?



“Treating ourselves with the same kindness and understanding when we suffer as we might treat someone we truly love, a good friend.”

- Chris Germer

Self-compassion Mindfulness Meditation Series, By Provisional Psychologist, S. J. Miller for Well Mind & Body Psychology ©