

G.L.A.D.S.

Daily Practice Companion

GRATITUDE: What are you grateful for today, and **why**? Please be specific and pause to let its goodness fill you.

LET GO, RELEASE something difficult from today. And/or what gracious “no” do you need to say to somebody because it is not serving your wellbeing?

ACKNOWLEDGE AND APPRECIATE: What about yourself can you appreciate today?

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DEVOTION TO SELF-COMPASSION PRACTICE: How did you meet what arose in your formal practice today? How have you cared for yourself today through informal practice? If you need to make amends to yourself about prioritizing other people/activities over you own basic needs, maybe offer yourself a few words of kindness here.

SERVICE: The benefits of our self-compassion practice extend out and ripple beyond ourselves. In what small way(s) did the fruits of your practice support you in serving someone (or something) else today?
