Self-Compassion Journaling Prompts

The following questions are designed to help you uncover your innate ability to experience compassion for others, while still protecting your own heart from vicarious trauma. Feel free to write the answers in words, reflect on them in a silent meditation, or even draw them in pictures.

1. Compassion is the act of being present with suffering, feeling a desire to alleviate the suffering, while remaining unattached to the outcome. What parts of this definition resonate most with you? Do any aspects of compassion come easily to you? Are any of these aspects challenging?

2. How do you start and end your workdays? Do you have any rituals to help bring an intentional transition to your work/home life?

3. Reflect on your "why"? What is the purpose and intent behind your job and the role(s) you fulfill? How do the specific tasks in your day align (or misalign) with this purpose?

4. How often do you intentionally extend grace, gratitude, and/or compassion to others? To yourself? How can you make compassion towards self and others a formal practice during your workday?

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