

# 7 days of pause

## TAKING PAUSE

Each day consists of a journal prompt and activity

1

**Activity:** The importance of self-compassion, especially during difficult times.

Journal prompt: When I experience adversity and defeat, how do I talk to myself about it?

**Activity:** Talking, even to yourself can be a good thing. Learn tips and benefits of positive self-talk.

Journal prompt: What are some positive affirmations you can give yourself? Write those down and maybe even post them in your room as a reminder

2

3

**Activity:** Practice loving kindness towards yourself.

Journal prompt: Who is someone who consistently makes you feel good after you talk with them?

**Activity:** Remember, your worth isn't defined by your productivity.

Journal Prompt: What is something you feel guilty about? How could you be more kind to yourself about this?

4

5

**Activity:** Tips to make peace with your inner critic.

Journal prompt: Practice externalizing your inner critic. Draw or describe it. Does it have a name? What does it look like and sound like? Who does it remind you of?

**Activity:** Take a quick self-compassion break.

Journal prompt: What is a way you are suffering?

6

7

**Activity:** Self-care and compassion can be taking time to do what makes you happy. Try something simple like looking at unlikely animal friendships.

Journal prompt: Pick a friend that is not in your home with you and channel their affection for you. Pick an animal friendship to represent your friendship with this person.