



INTEGRATE TO LIVE

Restore Resilience. Cultivate Community. Impact your World

Week 16: Self-Compassion

Take the Self-Compassion quiz online:

<http://www.self-compassion.org/test-your-self-compassion-level.html>

Watch the Self-Compassion TEDTalk by Kristen Neff:

<http://youtu.be/lvtZBUSplr4>

From the online quiz, write your score for each aspect of Self-Compassion:

- 1) Mindfulness =
- 2) Common Humanity =
- 3) Self-Kindness (treating yourself like you'd treat someone you love) =

Where did you score the lowest? How can you Pause & Pivot to develop more Self-Compassion?

Check out these Self-Compassion exercises from Kristen Neff and choose one you'd like to practice this week: <http://self-compassion.org/category/exercises/>