

Worksheet 6: My 14-day challenge for developing my compassionate mind

Day and activity	Where did I do this, how often, for how long?	Did it help me to develop my compassionate mind? Did I experience FBRs to compassion? Did I overcome my FBRs?
<p><i>Example:</i></p> <p>Day 1 Memory of me at my best.</p>	<p>I used my soothing image to calm me at home. I was able to recall a memory of compassionately helping someone else for a few minutes.</p>	<p>I found being soothed helped me focus. I picked a memory of helping someone with an IT task at work. I felt good about this, but then noticed my self-critic turned up and told me I could have taught them better, and that it took time away from my own task (FBR). I was able to remind myself that I did my best and that the short time it took was worth it for the person I helped, and it helped me to feel good about myself (overcame FBR). I refocused on the memory and felt good about being someone who can offer compassion to others.</p>

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Day 1		
Day 2		
Day 3		
Day 4		
Day 5		
Day 6		
Day 7		

Day 8		
Day 9		
Day 10		
Day 11		
Day 12		
Day 13		
Day 14		