

My PACT Self-Kindness Worksheet

Below you're going to follow the 4 step PACT Self-Kindness process. At the end you'll commit to an act of kindness for yourself. The idea is that by using this worksheet you'll learn the steps and eventually be kind to yourself automatically—without a form.

Are you ready to make a Kindness PACT with you?

Here's a quick overview of the 4 Step PACT process

Once you notice that you need Self-Kindness:

1. **PAUSE.** Acknowledge what you're feeling.
2. **ASK.** What self-kindness do I want or need right now?
3. **CHOOSE.** Decide *what* you will do for yourself.
4. **TIME.** Lastly, either do it *now* or commit to *exactly* when you'll do it.



Step 1) PAUSE (and acknowledge)

Place one hand on your heart and one on your stomach, then take a few deep breaths. Give yourself a few moments to check-in, notice what you're feeling and acknowledge it.

What are you feeling EMOTIONALLY?
I notice I'm *eg. anxious, disappointed, angry, sad, tired, hungry, thirsty.*

What are you feeling PHYSICALLY?
I notice my *eg. throat is tight, jaw is tense, eyes are pricking, heart is racing, hip is aching, I'm feeling lightheaded etc.*

Now turn over

Step 2) ASK

Next, it's time to find out what you need—and it's easy: just ask!

IMPORTANT: Be open to hearing *whatever* your body/mind has to say. You won't decide "what" to do until Step 3) CHOOSE. So while you may end up *choosing* what you write below, you may also end up choosing something smaller, easier—or even something bigger or better—to be kind to yourself. What you write here is simply a *starting point*.



So, look within and ask yourself:

What do I *most* want and need right now? _____

What would self-kindness *ideally* look like? _____

Being kind to ourselves means we figure out a way to do something—especially when it's hard.

Step 3) CHOOSE

You've PAUSED. You've ASKED what you need—and listened. Now CHOOSE *what* you'll do. So, thinking about the actions you wrote down in Step 2, answer the following questions:

What would be an even bigger (or better) act of self-kindness? _____

How could I be kind to myself in a smaller/faster/easier way? _____

What could I do to temporarily tide me over? _____

What would being *Fiercely* Kind to myself look like? _____

**Reflecting on all your answers in Step 2 and 3,
what do I CHOOSE to do to be kind to myself?** _____



Step 4) TIME

Either do it now or commit to *exactly when* you will do it.

Write your self-kindness action again here _____

I will do this NOW or I will do this on this day/time: _____

Remember: how you treat yourself impacts both your experience of life—and how others experience you.