

SELF-COMPASSION?

What's Self-Compassion?

I have some idea, ask some more...

You've got options:

Go to the lab and watch Workshops on Limiting Beliefs, Failure and Comfort-Seeking Behaviours. Check in with Keegan and identify this as a barrier to your goals and book a check-in call with Jon

Do you set time aside for structured Self-Care?

NO

YES

Do you prioritise compassionate self-talk and check your words when talking about yourself?

NO

YES

Watch the workshops on Limiting Beliefs and Imposter Syndrome. Look at beginning a journal and chat to Keegan or Jon about your journaling options and choices

Do you make yourself readily available for criticism and feedback from others?

NO

YES

Look at your work/life balance Can you "boundary" quality time and rest by saying no and being more intentional with your time? Does your self talk create a permanence to the obstacles in the way of compassion and self-care? Try the PTIQ Boundary & Self-Care Tracker and begin your Self-Compassion journey

Do you avoid feedback because of its potential criticism or because you have your core team with whom you're vulnerable?

VULNERABLE

CRITICISM

You've come a long way!
Watch the workshops on Authenticity and Vulnerability and Failure. Download and begin the Boundary and Self Care Tracker to further develop your self-compassion.

Your boundary game is strong - it's a key ingredient to consistent self compassion. **How do you view asking for help?**

I KNOW IT'S A STRENGTH BUT...

IT'S A STRENGTH!

It's important that your coaches know how you respond to criticism and work with you to safely challenge this. Watch workshop 'Family Ties and Knots' to understand the early origins of our limiting beliefs and how we handle criticism and failure.

Tough, isn't it? It's ok! Your PTIQ coaches are here for you to practice modelling those vulnerable, co-producing behaviours. Using a journal, why not set yourself a target of 3 things you want to improve on, which need others' involvement and expertise. Reflect on your feelings in your journal afterwards.

Do you have clear, measurable goals, both long and short term and feel able to communicate them with those able to help?

I NEED A BIT OF HELP WITH THIS...

I HAVE MY GOALS AND I HAVE MY TEAM!

There are some excellent books on this: 'Eat That Frog' by Brian Tracy, 'Atomic Habits' by James Clear and 'Daring Greatly' by Brene Brown. Use a journal to map your aims and intentions or speak to Jon about self-compassionate collaboration (vulnerability, really) and productive failure...

A huge part of self-compassionate behaviour is indulging our inner child and checking out of 'Adulthood' ever so often. **How much time does your inner child get?**

I'VE JUST JUMPED INTO A BALL POOL... I LOVE MY INNER CHILD!

I'M A GROWN UP... SURELY NOT?

We don't always have to be serious and don't call me Shirley (arf-arf!). Your paratelic (child state) side need attention. Use your journal to set aside time and intention to have inconsequential, care-free fun.

Well done!

You've got balance, you've got boundaries and you're practicing self-compassion! Good for you! Self-compassion is a muscle and exists if we work it; there are tips, resources and info in this tracker and the Boundaries and Self Care Tracker may help you reinforce your practice!