

Loving Kindness Reflective Worksheet.

Think of a time in your past when you were less busy, less overwhelmed.

What activities did you do that you truly enjoyed, whether it was done with others (volunteering, movie nights, coffee, hiking) or by yourself (bike ride, walk, reading fantasy novels) that really nourished your mind and body?

Choose one of these activities, and dedicated a certain amount of time in your schedule to accomplish this (ex. every day from 6:00 pm – 6:30 pm). Whether it be 5 minutes, 20 minutes, or an hour, try your best in making this part of your daily life.

Don't wait until you *feel like* doing it, but when the time occurs, focus your full attention in spending this time for yourself. Try to make a routine in incorporating self-care activities throughout your day and week. Whether they are short or long, do some without engaging in self-shaming or blaming thoughts.

Or, spend a few moments noticing how you can be of service to someone else in your life. By showing them kindness, without the expectation of receiving it back or being acknowledged by others. These do not have to be significant acts, just small gestures you would do for someone else (offering a snack to a colleague)

What is one random act of kindness you can do for someone in your day?

After performing this act, see how this affects your body and mind. What thoughts or emotions came up? What feelings occur?