

SELF-ACCEPTANCE

HOW COMPASSION FREES YOU,
HEALS YOU, AND LEADS YOU TO
RADICAL CONTENTMENT

WORKSHEET



SOLACEPATH
SERVING WITH COMPASSION, CREATIVITY & CONFIDENCE

Training



SELF-ACCEPTANCE: HOW COMPASSION FREES YOU, HEALS YOU, AND LEADS YOU TO RADICAL CONTENTMENT

WORKSHEET

Answer these questions to gain a better perspective of how self-acceptance can be your path to contentment:

1. How content am I with my life right now? How well do I accept myself and my current situation? Can I see how my lack of self-acceptance and my lack of contentment are related?

2. What habits do I have that contribute to my lack of self-acceptance?

3. What habits can I develop that will foster greater self-acceptance?

4. Do I spend time thinking about my failures from the past or my shortcomings? What purpose does this serve?

5. What are my greatest accomplishments? How did those experiences make me feel?

6. How can I incorporate a daily meditation practice into my life? How much can I meditate each day?

7. What are my values? Am I living by them consistently? How can I do better?

8. How much am I influenced by my emotions? What bad choices have I made while feeling stressed, angry, or fearful?

9. How can I experience greater self-esteem and self-confidence?