



Daily Compassion Journal

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PRACTICES FOR MORNING & EVENING

*You're invited to  
slow down.*

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So often, the days move quickly without our full attention. We feel tired and depleted, without always understanding why.

The questions and practices in this journal were created to help sort through the noise of daily life to cultivate self-compassion, listen to your needs and practice gratitude.

## What is self-compassion?

Self-compassion is treating ourselves the same way we would treat a friend—with kindness, respect and tenderness. It's a way of relating to ourselves that values our humanity.

Kristen Neff, the leading researcher in self-compassion, notes that self-compassion is aimed at the alleviation of suffering even when we can't control the way things are. It's "a practice of goodwill, not good feelings," she writes.

## How to use this journal

The questions were designed to be reflective pauses at the beginning and end of each day.

Go gently with yourself, checking in along the way. Any practice can be uncomfortable at first, so be patient and mindful—not rushing or pressing, which could have the opposite desired effect.

As you move through the journal, I invite you to make note of what works and what doesn't. Practice with patience and keep only those that serve you well.



\_\_\_\_\_

*date:*

## Morning Reflection

What are you looking forward to today?

Check your schedule for today. When can you take one or two breaks for a few minutes of deep breathing, a short walk or just a moment of fresh air (yes, putting your phone on silent and rolling the windows down while you're in the school pick-up line counts)?

What do you need help with and from whom? Refer to what is left "undone" from yesterday and consider asking for what you need. Could be advice from a friend about a difficult situation, help from your spouse/partner or more information from your healthcare provider.

If you wrote one, read your compassionate letter from last night. Consider reading it aloud to yourself and pay attention to how you feel.

date: \_\_\_\_\_

## Evening Reflection

What are you proud of or happy about today?

What feels undone, unsaid or still lingering in your awareness? It could be a difficult conversation, unexpressed needs or simply a feeling of being tired. Honor any emotions that surface by placing your hand on your heart, taking few deep breaths and simply saying to yourself, "I am here."

What are you grateful for today? Could be a perfect cup of coffee, a new job, seeing an old friend. It all counts.

What aspects of how you feel about today could use self-compassion, a recognition of your humanity? It could be a way that you responded to someone, how you felt about yourself or something that's on your mind. Is there an action of repair that needs to be made, either to yourself or someone else?

Write a compassionate letter to yourself (there's room on the next page). Choose an aspect of your day and write about how you felt, acknowledge your imperfection and offer yourself support.\*







## About Judith Alfano, LCSW

Judith Alfano, MSW, LCSW is a therapist in private practice, both online and in the coastal communities of New Jersey. Her research and professional interests are spiritual formation, the integration of psychology and religion, and women's health and well-being.

Judith's therapeutic approach is deeply relational, grounded in psychodynamic theory and integrating narrative and somatic therapies, parts work and the wisdom of spiritual care.

Earlier in her career, Judith held key roles in marketing, HR and communications at organizations ranging from an established energy company to higher ed and a tech start-up.

She later transitioned to clinical mental health, working in multiple counseling centers where she supported those experiencing anxiety, grief and those impacted by trauma and abuse. Along the way, Judith explored other paths to join her community in healing and recovery.

One of those paths is cooking. Judith is interested in the intersection of cooking, spirituality and mental health, and completed a professional culinary program as well as continuing education courses in functional nutrition and integrative care for cancer survivors and those with chronic illness.