



## Worksheet – Activity 4 – Being kind to myself

*Worksheet: What does it mean to be kind to yourself?*

Name: \_\_\_\_\_ Date: \_\_\_\_\_

**Instructions:** Take a moment to reflect on the quiz questions below and consider how often you do each of these actions. Think about what these actions have in common. You do not have to write your response, this is optional. Do not worry if you “rarely” do any of these actions – this is very common. **There are no right or wrong answers to this quiz.**

### 1. Quiz questions

| <b>Quiz item</b><br><i>Think about how often you do the following actions:</i>                                                                            | <b>Response (optional)</b><br> A=All the time<br> B=Often<br> C=Sometimes<br> D=Rarely<br> E=Never |
|-----------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| 1. When I make a mistake, I remind myself that mistakes are part of learning, and I speak to myself with kindness instead of being overly critical.       |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| 2. If I am having a tough day, I allow myself to take a break or do something that helps me feel better.                                                  |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| 3. I acknowledge things that I do well, and I remind myself of my strengths.                                                                              |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| 4. When I am going through a tough time, I reach out for support instead of keeping my feelings to myself. What can negatively influence our self-esteem? |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| 5. I set boundaries and say “no” when something does not feel right for me.                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |
| 6. I treat myself with the same kindness and encouragement I would give a friend.                                                                         |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                    |

### 2. What are some ways that you can practice being kind to yourself?

