

Daily Done List + Self-Compassion Tracker

1. I Did This Today

- What are 1–5 things I did today that I feel good about or want to acknowledge?
- What unexpected things did I handle or hold space for?

2. Mood + Nervous System Check-In

- Today I feel: _____
- My energy level was: (1–5)
- My nervous system felt (circle): Regulated, Anxious, Frozen, Activated, Calm, Overwhelmed

3. Self-Compassion Practice

- A gentle truth I want to remember today:

- Something I did today that deserves more credit:

- What would I say to a friend who had a day like mine?

☐ I offered myself kindness today, even if it felt weird or hard.

4. One Tiny Thing for Tomorrow

If I feel up to it, tomorrow I might: _____

(Or: I'm allowed to rest.) _____
