

February 2022 Handout

CONTEMPLATION QUESTIONS:

- What am I willing to learn, accept and adjust?
- What can I discover, receive and change based on new insights?
- What can I do to feel and show more compassion for myself?

OPPORTUNITY ACTIVITY:

Choose one thing you would like to do less of.

Choose what you'll replace that one thing with.

Ex. Start replacing alcohol or an energy drink with drinking water once a day or 25% of the time.

Choose one thing you'd like to start doing.

Calendar what you want to start.

Ex. Schedule new activity once a week or once a day.

Practice *enormous* self compassion.