
Day 2: Writing Yourself Compassion

Today's Focus: Counter harsh self-criticism that perpetuates avoidance

Time Commitment: 20 minutes

Core Exercise: Self-Compassion Letter

Morning Check-in (2 minutes)

Daily Questions:

- What am I avoiding today and what fear is driving it?
- What is one small step I can take toward a feared task?
- How can I show myself compassion around this challenge?

Quick reflection from yesterday:

Biggest insight about my fears: _____

Main Exercise: Self-Compassion Letter (15 minutes)

Purpose: Replace self-criticism with understanding and encouragement

Your Letter Framework:

Dear [Your Name],

Acknowledgment Section (5 minutes):

Write about your procrastination struggles with understanding, not judgment

I want to acknowledge how hard you've been trying, even when it doesn't feel that way. Your procrastination isn't laziness or weakness—it's your mind's way of protecting you from fears that feel

very real and overwhelming.

Continue writing your acknowledgment here:

Recognition Section (5 minutes):

Recognize how these habits developed as protection

These avoidance patterns developed because they served a purpose. When you were younger, avoiding difficult situations may have prevented criticism, embarrassment, or failure. Your brain learned that avoidance = safety.

Write about how your patterns might have protected you:

Encouragement Section (5 minutes):

Offer yourself hope and practical support

You're here, doing this work, which means you're already changing. Growth happens slowly, with setbacks, and that's completely normal. Every person who has overcome procrastination has stood exactly where you are now.

Write encouragement for your journey ahead:

*With love and patience,
[Your Name]*

Values Connection (2 minutes)

Quick Values Check:

What matters most to you in life? Circle 3:

- Creativity - Family - Growth - Adventure - Security
- Freedom - Connection - Achievement - Health - Contribution
- Justice - Authenticity - Peace - Recognition - Fun

How does avoiding fears disconnect you from these values?

Small Step Progress (1 minute)

Yesterday's small step - how did it go?

Today's small step commitment:

Tomorrow's Preparation

Tomorrow we'll begin tracking your daily patterns to see how emotions and procrastination connect throughout your day.

Self-Compassion Reminder:

"I speak to myself with the same kindness I would show a good friend facing the same struggles."
