



CAROLINE
WEBB

how to have a

**good
day**[®]

WEDNESDAYS AT 10AM ET

[CAROLINEWEBB.CO/LIVE](https://carolinewebb.co/live)

EPISODE 3

**The Science of Self-Compassion
and How to Use It Well**

Deploy self-compassion before thinking about next steps

- **ACKNOWLEDGE: "I notice my feelings, thoughts, behaviors"**
Internal: inner voice, sensations, emotions
External: tone, performance, style of engagement
- **ASK: "I wonder what could be putting my brain on the defensive"**
Self-worth: competence, autonomy, purpose
Social standing: fairness, inclusion, respect
Basics: sleep, hydration, security
- **APPRECIATE: "I like the fact that at least I am..."**
e.g. attitude, progress, effort, small wins



**Find the recording
and materials at:**

carolinewebb.co/live/episode-3

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