



QUANTUM GONG

OF SELF-COMPASSION

40 Days to Go Within and Go Beyond

How to use this tracker: Take a sacred 15-20 minutes each day for you. In order to track your progress, highlight or check each day that you keep your commitment to yourself. Should you miss any days, write a “?” over the day. Staying curious, take a moment to reflect on how it feels in your heart, mind or body on any missed days. Take a deep breath and consider the circumstances that led you to not meet your goal. Was it an internal or an external distraction? With compassion for yourself, recommit to your practice in the present moment and resume your daily practice at the next possible opportunity. Enjoy your Journey!

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|----|----|----|----|----|----|----|----|----|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 12 | 13 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 21 | 22 | 23 | 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 31 | 32 | 33 | 34 | 35 | 36 | 37 | 38 | 39 | 40 |

My Daily Self-Care Practice: Beginning _____ (date) I commit to care for myself in the following way:

Personal notes and things I have learned: