Inner Light Counseling

& Wellness

SELF-COMPASSION RESET

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How to use this

Warkbook

This resource provides brief tools to implement for a quick reset. Set aside some time to connect with yourself, reflect & reset. Revisit when in need of a quick reset and check in with self.

Questions?

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Simple Breathwork Practices

5-7-8 - Inhale through your nose for 5 seconds - Hold for 7 seconds - Exhale through your mouth for 8 seconds - Repeat 4 rounds



Simple Breathwork Practices

Box Breathing for Grounding - Inhale for 4 seconds - Hold for 4 seconds - Exhale for 4 seconds - Hold for 4 seconds - Visualize a square. Repeat 3-5 rounds. Section



WHAT PARTS OF MYSELF AM I CURRENTLY HEALING, AND WHAT SUPPORT DO I NEED?



WHEN DO I FEEL MOST AT PEACE? WHAT CONTRIBUTES TO THAT FEELING?



WHAT AM I HOLDING ONTO THAT NO LONGER SERVES ME?



WHAT WOULD IT LOOK LIKE TO FULLY SHOW UP AS MY AUTHENTIC SELF?



HOW CAN I NURTURE MYSELF TODAY - EMOTIONALLY, PHYSICALLY, AND SPIRITUALLY?



WHAT LIMITING BELIEFS AM I READY TO RELEASE?



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