



Worksheet: "Letting Go of Guilt, Letting In Grace"

December 2025 - Mindset: Week 2 - 12-8-25

Page Title: *Practice Self-Compassion Without Guilt or Shame*

Section 1: Guilt or Growth?

Check the ones you relate to the most. Then write what a compassionate response might sound like.

- I often feel guilty when I rest or do something just for me.
- I replay mistakes in my head long after they're done.
- I think being hard on myself is the only way to improve.
- I feel uncomfortable accepting compliments or help.

Rewrite This Thought:

"I should've done more." → _____

Section 2: Compassion Inventory

List 3 things you've been hard on yourself about lately. Then write a kinder version of each.

| Thing I've Been Beating Myself Up About | A Kinder Way to See It |
|---|------------------------|
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Section 3: Kind Words to Keep Handy

Write or circle 3 supportive things you can say to yourself when the inner critic shows up:

- I'm doing the best I can with what I have.
- Everyone makes mistakes—this doesn't define me.
- I am learning and growing, and that counts for a lot.