

PRACTICE  
SELF  
COMPASSION



# Self-coaching for difficult times

Workshop with Evelyn Janetzki, founder of COACH THYSELF



欢迎光临

Bienvenidos

Tervetuloa

**Ласкаво просимо**

Bem-vindo



Selamat datang

أهلاً وسهلاً

*Welcome!*

Dobro došli

Willkommen

स्वागतम

Evelyn Janetzki

# Düsseldorf

# Mama

# Coachpreneur (Coach + Entrepreneur)





PRACTICE  
SELF  
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# Go-to resources from our workshop group

connecting with nature

Nature (beach)

being in nature, especially next to water

Yoga with Adriene



swimming

hatha yoga

meditation

exercise

exercising

physical exercise

movement (mainly dancing or biking)

fiction books

"Positive Intelligence" by Shirzard Chamine

chocolate :)

trying new recipes

cooking

Baking

journaling

journaling

Dr. Kristin Neff

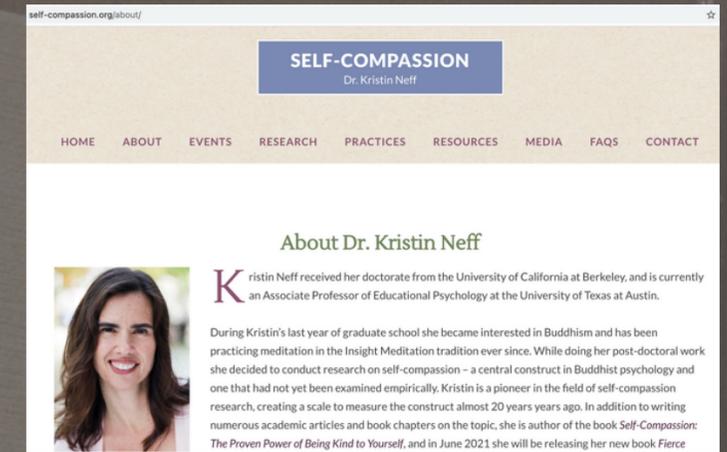
Mindfulness

Mindfulness

Mindful walking  
mindful eating

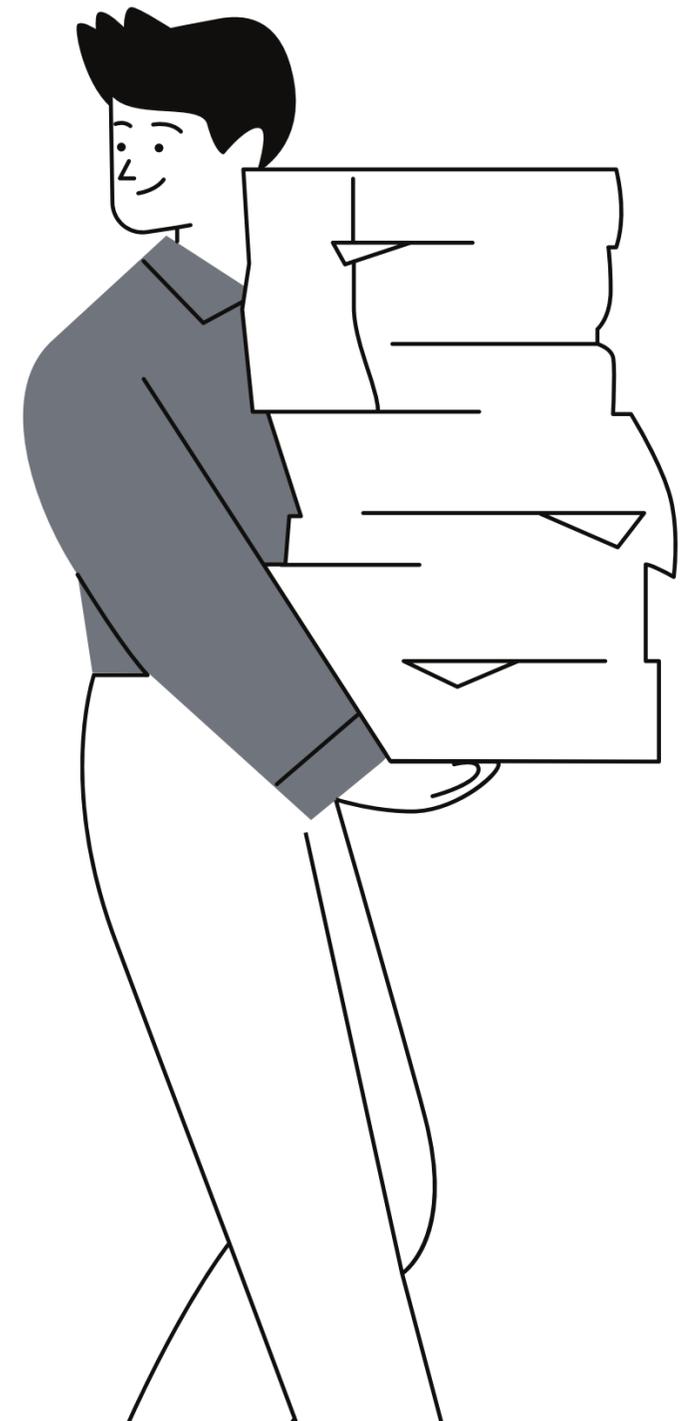
Reiki

Reiki



# Self-coaching for difficult times

How to be kind to yourself when the going gets tough



# My goals for this session

What are your best hopes for our time together today?

My recommendation: choose two to three goals to focus on for this exercise, even if you have many more in your mind.

Supporting prompts (use as needed):

- How would I like to feel by the end of this session?
- What would I like to walk away with?
- If I had a genie in a bottle ....

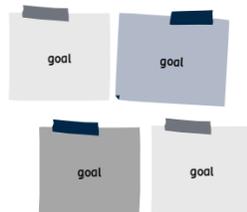
Give yourself permission to dream big here – reach for the stars!

5 tips to make your goals work for you:

1. I can achieve my goal on my own
2. My goal is stated in present tense, as if it were already reality
3. My goal is stated as a description, not as a wish or desire
4. My goal states what I want (as opposed to, what I don't want)
5. I can test, check or prove if /that I have reached my goal (it is specific)

1

Take a pen and a piece of paper to write down your goals



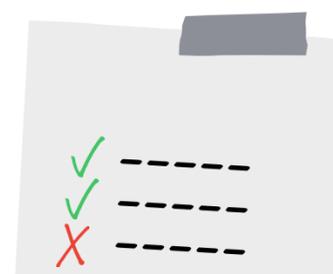
2

When you're done, read it out loud. No worries – you're on mute :)



3

Use the checklist above to fine-tune each statement



4

Any questions? Feel free to use the chat, and message me



# My preferred / ideal future

What changes will you notice when you reach your goals?

We're going on a trip together – to a place where you have reached all the goals you just set for yourself.

Imagine you wake up one morning, and everything is exactly the way you wanted it to be. You feel all the self-compassion you need, in order to support yourself in a challenging time. No matter what comes up, you can be kind to yourself in exactly the way you wanted to.

Are you there? Great! Let's take a look around to explore this wonderful place, and take some notes or snapshots as souvenirs to take home with us.

Supporting prompts (use as needed):

- What did I do to facilitate these changes? How did I do that?
- What do others notice about me? ...
- What have I learned about myself?
- How do these changes feel? Physically / emotionally

1

Capture your impressions in as much detail as possible



2

When you're done, read it out loud. Remember...you're on mute :)



3

Try to search within, for anything to add. Often, the best things come out last!



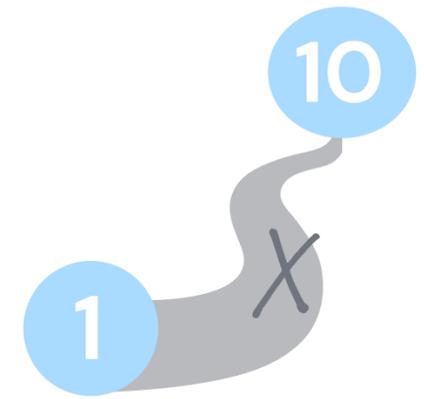
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# My resources (part I)

What is telling me already today, that I have it in me to reach my goals?



We are using a scale from 1 to 10 to discover where we feel we are today:

- 10 represents complete achievement of your goal, it is the state we explored in the previous step
- 1 represents a very early stage in this journey, where you haven't seen much of goals implemented yet

My recommendation: it is immensely helpful to feel out your position physically, for example with your finger, on a scale. When you've found your position, turn your attention from there towards the low end of the scale.

Supporting prompts (use as needed):

- How do I know that I have already come this far?
- Which part of my preferred future do I already notice today?
- How do others notice that I've come this far already? Who notices this?
- How does it feel to have come this far already?

1  
Create your own  
version of the scale  
from 1 to 10



2  
Where are you today?  
Note down the  
number, and how you  
know that you've come  
this far



3  
How does it feel to be  
here? Note down your  
thoughts / feelings

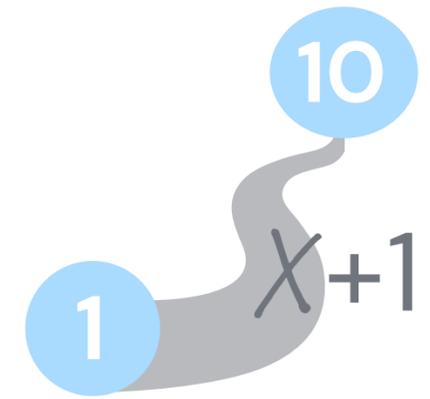


4  
Any questions? Feel  
free to use the chat,  
and message me



# My resources (part II)

How can you tell that you've come even closer to achieving your goals?



Now we're taking it, that next small step: we are moving a little bit closer to our goals!

My recommendation: again, it is immensely helpful to perform this move physically, for example with your finger on the scale.

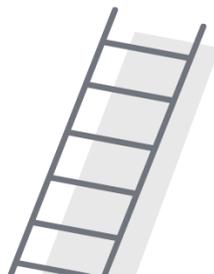
Pause for a moment and tune in to what has changed from your previous position to this one. Take a look from where you are now, to where you were before.

Supporting prompts (use as needed):

- How do you know you've moved up one step?
- What do you notice, that wasn't there before? What do you notice, that isn't there anymore, or has become less?
- How does that feel? Emotionally, but also physically?
- What do others notice about you, that tells them you've changed? Who notices this?

1

Pick up your scale from the previous exercise



2

Move your finger slowly up from your previous position to the next higher one

+1

3

Note down the changes you experience here



4

Any questions? Feel free to use the chat and send me a message



# My action plan – yay!

What do you need in order to take the next step towards your goals?

Now we're about to take some action!

Supporting prompts (use as needed):

- What do you need to move a step closer to your goal?
- Who can support you in doing so?
- How does it feel to get support from them?
- What is the smallest thing you can do today, to start this journey?

My recommendation: try to be as specific as possible, this greatly helps with the implementation.

...

Does your action plan feel complete and motivating?

Tips to make your action plan work for you:

- Contingency planning: in case something doesn't work as expected (life happens!), what is a kind way for you to deal with that? Make a "plan B"
- Vision board / visual reminder: visualize your goals / some steps on the way, using picture, drawings, a reminder of any kind, and place it where you frequently notice it (desktop / phone screen, bathroom mirror, ...)

1

Take a look at your notes from the previous step



2

What do you need to take the next step? Note down your ideas



3

Read it out loud – is there anything missing?



4

Any questions? Feel free to use the chat and message me



**Wow! You've just  
coached yourself.**

Congratulations!

# Let's pause for a moment

What has changed since you've started coaching yourself?



At this point, let's take a brief moment to take stock.

We have come a long way today. Now we'll take a look and acknowledge where we came from.

Supporting prompts:

- Which ideas, thoughts and emotions have come up during your self-coaching session?
- Where have I experienced a shift in my perspective?
- How does my body feel differently now? ...

Feel free to make notes as needed.

# We look forward to your feedback

Your comments, questions and observations help us immensely.  
Send us an email, or get in touch with us on LinkedIn.  
We appreciate your time and insights!

Thank you.



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