

40 Days Fuller

Wish Well Wednesday | *Day 29*



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DISCOVER

Hopefully you can recall a time when you received compassion, empathy or a word of encouragement, at a time when you needed it. Friends who support us when we are weak, and wish for us to be well and happy, are invaluable. Loyal friends show up during difficult times, offering a listening ear and a comforting shoulder. They challenge us when we are wrong in a loving and compassionate way. They share in our joy and celebrations.

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Many of us have done our best to be a true, loyal friend to another, and have given little consideration to being this kind of friend to ourselves. We may have little patience with ourselves and respond judgmentally and abrasively when we are in need of compassion or encouragement. We may abandon ourselves during difficult times, choosing instead to numb or isolate ourselves. And we may refuse to celebrate or experience joy because we are not perfect yet. If we had a friend like that, he/she wouldn't much of a friend. Why then do we think it's okay to treat ourselves like that?

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Today, practice self-compassion, or befriending yourself. Whatever you feel or do, ask yourself how a true, loyal friend would respond. Then, respond accordingly. A self-compassion practice of affirmations might look like this:

May I be filled with compassion for others and myself.

May I be well and whole.

May I be calm and at peace.

May I be happy.

REFLECT / JOURNAL

Think about someone who has been a true, loyal friend. What makes their friendship valuable? What do they do or say that makes them a true friend?

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Think about how you speak and treat yourself. Are you acting like a true, loyal friend? How does the way you treat yourself differ from how your friend treats you? How can you befriend yourself and be your most loyal, truest friend?

PRACTICE



Practice the daily cup ritual



Write "wish well" on your hand, post-it notes, or anywhere you are likely to see throughout the day.



Practice befriending yourself today, beginning with self-compassion affirmations.



Share your reflection with the group.



Guided meditation for day 29

If your compassion does not include yourself, it is incomplete.
- Jack Kornfield