



Phynix Rising

A Phynix By Design Community

June 2026

Radical Self- Compassion

Monthly Reflection
Workbook

Gemma-Lee Harvey | Holistic Counsellor & Lifestyle Coach

www.phynixbydesign.com.au

Brightwater Wellness Hub, Mountain Creek, QLD

This reflection workbook is yours — completely private, entirely at your own pace. Nothing here needs to be shared with anyone. Work through as much or as little as feels right for you right now.

If anything surfaces that feels like it would benefit from deeper support, one-on-one sessions are available.

Gemma-Lee Harvey | Phynix By Design ~ Life Reignited
www.phynixbydesign.com.au

PART 1 – AWARENESS

What am I noticing?

This month we've been exploring the relationship we have with ourselves — particularly the voice we use when we get something wrong, fall short, or struggle. Before going deeper, just notice that inner voice without trying to change it.

What does my inner voice typically sound like when I make a mistake?

Is there an area of my life where I am particularly hard on myself?

When did I last extend myself the same kindness I'd naturally offer a friend?

PART 2 – DEEPER EXPLORATION

What sits underneath it?

Self-criticism doesn't come from nowhere. Let's get curious about where yours learned to speak the way it does.

Where do I think my inner critic learned to sound the way it does?

What is it trying to protect me from — what does it believe would happen if it went quiet?

What would I say to someone I loved if they were speaking to themselves the way I speak to myself?

PART 3 – PRACTICAL APPLICATION

What could shift?

Self-compassion isn't about pretending everything is fine. It's about meeting what's real with something kinder. This section is about putting that into practice.

One situation where I regularly judge myself harshly — and what a more compassionate response to that situation could sound like:

One thing I could do this month to actively treat myself with more care:

A phrase I could offer myself in hard moments — something that feels true and kind at the same time:

PART 4 – INTEGRATION & INTENTION

What am I carrying forward?

As winter settles in on the Sunshine Coast and the season turns inward, let's end here with something genuinely kind.

The most significant thing this month's exploration has shown me about how I treat myself:

One thing I am committing to letting myself off the hook for:

My intention for how I speak to and care for myself going forward:

Remember — this workbook is for you alone. If anything explored here has stirred something that feels like it needs more space, deeper support is available.

Gemma-Lee Harvey | Holistic Counsellor & Lifestyle Coach



www.phynixbydesign.com.au

Brightwater Wellness Hub,
Shop 7E, 69-79 Attenuata Drive, Mountain Creek QLD 4557

07 5493 6742 | 0448 562 814