

Self-Love Worksheet

10 Things I Love About Myself

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

10 Things I Am Grateful For

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

10 Words to Speak Well of me

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

How would you like to think about you today?

What can you do to practice self-love today?

Pay yourself three compliments:

1.

2.

3.

What would you like to try, just for you?

What needs to be let go?

1.

2.

3.

Where do you put others before your own needs? How would you like it to be?

What thoughts do you want to think about you?

What are some of your basic needs, that you know keep you healthy and need practiced more?

Where do you need to practice saying no more often? And yes?

What do you need to do daily for your own emotional, physical and mental wellbeing?

If you practiced self-love, how would this change your confidence levels?

What would be on your own self-care plan?