



Self-Love Workbook

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Be the Self-Love Author of Your Life Story



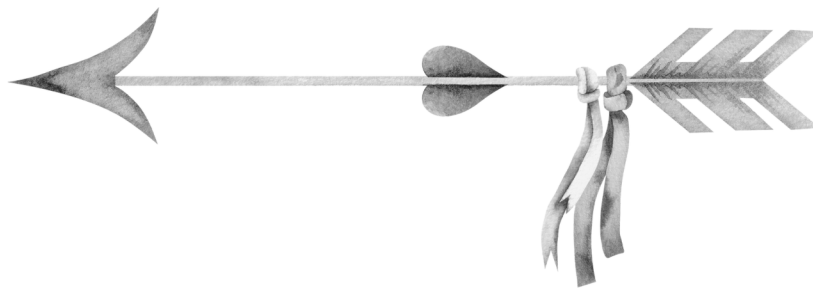
Write your own love story.

Go on an inner journey.

Make self-love the central theme.

*Embrace yourself as the heroine,
discovering your strengths and
celebrating your unique qualities.*

*In this story, you are your own greatest love, and your
journey is a beautiful narrative of self-acceptance,
courage and empowerment.*



EMBARK A SELF-LOVE JOURNEY

Challenges with Loving Ourselves

Have you ever caught yourself being your own worst critic? That relentless inner voice pointing out your flaws, comparing you to others, or telling you that you're just not good enough?

If you have, you're not alone. Many of us struggle with our inner critic. From an early age, we've learnt to measure ourselves against impossible standards—whether they come from family, peers, or society at large. Over time, this critical lens becomes second nature. We have an *inner narrative* that erodes our confidence and self-worth.

But here's the truth: *no one is perfect, and no one needs to be*. The parts of ourselves we try to suppress—the fears, the insecurities, the vulnerabilities—are the very pieces that make us whole. Ignoring or rejecting them only keeps us stuck in a cycle of self-criticism and shame.

This workbook isn't meant to fix all your problems. Rather, it serves as a *companion guide with exercises* to support you in overcoming rejection, enhancing self-acceptance and developing awareness in your narratives. By engaging in this workbook, you create the space for making a shift; thus practising unconditional self-love.

*Self-love is the greatest gift that
you can give to yourself!*



Building a New Relationship from Within

If you have the following challenges...

- difficulties with accepting yourself unconditionally,
- inability to accept your own flaws and imperfections,
- constant negative self-criticism,
- tendency to people-please,
- don't believe that you are worthy of love and acceptance,
- lack of confidence,
- inability to assert yourself,
- can't establish healthy boundaries, etc.

consider how you can make a change.

It's like having to build a *new relationship with yourself*. That's where it gets tricky, especially if you are your own worst enemy. Breaking free from those familiar patterns of self-criticism can be tough, but it's absolutely possible. It starts with creating a new habit—one rooted in kindness and self-compassion.

It's a habit that requires us to practice mindfulness on a daily basis. Essentially, it involves recognizing the negative stories we tell ourselves and consciously choosing compassion over criticism. When we cultivate a compassionate and accepting relationship with ourselves, we build a sturdy foundation that helps us weather challenges and to build resilience. *We become our own best friend, of whom we love dearly!*



Benefits to Unconditional Self-Love

- ♥ **Improved mental health:** Self-love serves as a potent antidote to anxiety, depression, and negative self-talk, fostering inner peace, acceptance and emotional resilience.
- ♥ **Greater resilience:** Cultivating self-love equips us with the tools to navigate life's challenges with grace and fortitude, empowering us to bounce back from setbacks and adversity.
- ♥ **Increased confidence:** Embracing our worthiness and inherent value through self-love boosts our self-confidence and empowers us to pursue our goals and aspirations with clarity and conviction.
- ♥ **Heightened creativity:** Embracing our authentic selves through self-love unleashes our creative potential, allowing us to express ourselves more freely and tap into our innate creativity.
- ♥ **Improved physical health:** Practicing self-love can lead to better physical health outcomes, including lower stress levels, improved immune function, and reduced risk of chronic illness.
- ♥ **Authentic relationships:** Self-love enables us to build empathy for others. By understanding our own experiences, we can better relate to others. This enables us to deepen our relationships with family and friends.



How Self-Love is A Practice of Daily Actions

Just imagine how it would feel like to be able to fully participate in life without any self-judgment, criticism or need to be perfect. You are able to show up as your authentic self without apology or having to seek approval. In so doing, you can just BE - *which is absolutely freeing!*

Similar to how we build physical fitness through regular exercise, self-love can be cultivated through daily purposeful actions. It's where this workbook comes in. With this workbook, you'll encounter a variety of exercises, reflections, and practical tools. By *committing* to doing the exercises and daily check-ins, you are reminded to practice self-love and compassion.

"All big things come from small beginnings. The seed of every habit is a single, tiny decision. But as that decision is repeated, a habit sprouts and grows stronger. Roots entrench themselves and branches grow. The task of breaking a bad habit is like uprooting a powerful oak within us. And the task of building a good habit is like cultivating a delicate flower one day at a time."

- James Clear, author of Atomic Habits

As you engage with the materials in this workbook, I encourage you to approach it with *openness* and *curiosity*.

May you discover the truth that you are inherently lovable and worthy of your own love!



Format of this Workbook

The contents of this workbook is divided into 2 main parts:

Section A: Workbook Exercises

Section B: Daily Self-Love Tracker Pages.

Under Section A, there are 40 Workbook Exercises. They are categorized under 5 sections for Self-Love Alignment:

- *Self-Responsibility,*
- *Self-Care,*
- *Self-Acceptance,*
- *Self-Therapy* and
- *Self-Growth.*

It is recommended that you do them sequentially. Some of the exercises may only take you 3 mins, others take 15 minutes or more. Give yourself enough time to complete them. Commit to completing the exercises within 30-40 days.

Under Section B, Self-Love Tracker Pages are provided for you to fill in over 30 + 10 bonus days.

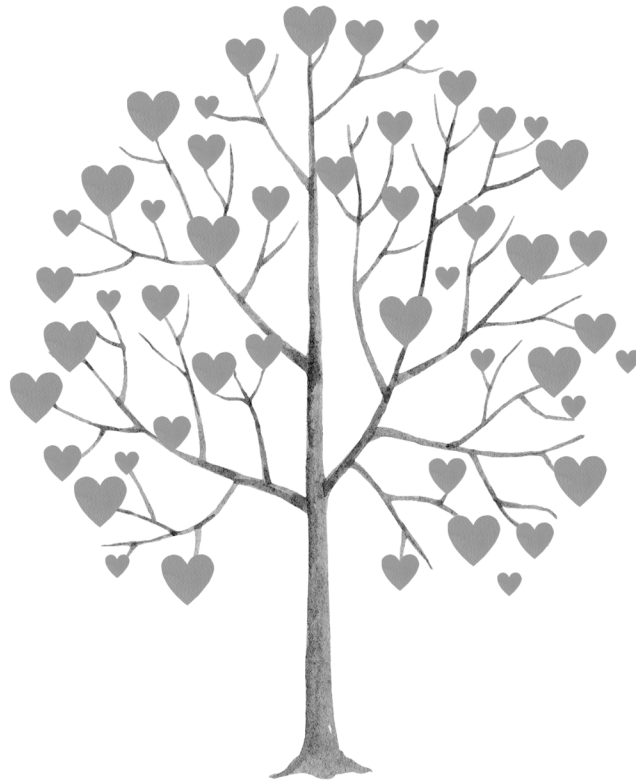


Tips for Journaling Practice:

- 1) *Sip a cup of herbal tea while doing the exercises.*
- 2) *Give yourself the space and time to reflect.*
- 3) *Practice non-judgment when journaling your thoughts.*

SECTION A

Self-Love Alignment Exercises



Build a healthy relationship with yourself through self-love. It's the key to leading a happy, rich and fulfilling life. The heart of manifesting abundance starts with self-love.

SECTION A(1): SELF-RESPONSIBILITY	
Workbook Exercise	Tick If Completed
1. Commit to Self-Love	
2. Setting Rules for Self-Love (No and Yes)	
3. Healthy Boundaries Checklist	
4. F.L.Y. Heart Mandala	
5. Put on Your Invisible Crown	
6. Self-Love Journal Reflections - A	
7. Self-Love Journal Reflections - B	
8. Self-Love Journal Reflections - C	



SECTION A(2): SELF-CARE

Workbook Exercise	Tick If Completed
9. Find Your Way Home Maze	
10. Self-Love Recipe	
11. Self-Care Journal	
12. Self-Talk Reflections	
13. Celebrate Yourself Journal	
14. Gratitude Journal	
15. Love Letter to Yourself	
16. Self-Love Songs	



SECTION A(3): SELF-ACCEPTANCE

Workbook Exercise	Tick If Completed
17. Color Your Heart	
18. Embracing Imperfections Heart Mandala	
19. Mirror Mirror on the Wall	
20. Self-Acceptance: Feelings	
21. Body Scan Meditations	
22. Journal Reflections: I am Me	
23. Journal Reflections: As I begin to Love Myself	



SECTION A(4): SELF-THERAPY

Workbook Exercise	Tick If Completed
24. The Self-Love Iceberg	
25. Childhood Journal	
26. Teenage Journal	
27. Past Self Journal	
28. EFT Tapping for Emotional Healing	
29. Trigger Tracker Worksheet	
30. Heal Your Inner Child	
31. Letter to Your Inner Child #1	
32. Letter to Your Inner Child #2	



SECTION A(5): SELF-GROWTH	
Workbook Exercise	Tick If Completed
33. Reframe Your Limiting Beliefs	
34. Future Self Visualization	
35. Future Self Alignment	
36. Self-Love Affirmations	
37. Loving-Kindness Meditation	
38. Reparent Yourself Checklist	
39. I Love Me!	
40. Gift Yourself Flowers	

Reminder to also fill up your Daily Self-Love Tracker Pages under Section B!



SECTION A(1): SELF-RESPONSIBILITY

Undertaking self-responsibility means *acknowledging* that you are in charge of your own well-being and happiness. You are loving yourself when you take up responsibility. It involves *recognizing your worth* and actively making choices that support your overall well-being. By undertaking responsibility, you empower yourself to create a fulfilling and balanced life.



Take charge of loving yourself. You are the BEST person to love yourself unconditionally!

EXERCISE 1

COMMIT TO SELF-LOVE

Undertaking self-responsibility requires you to make an inner commitment. To love yourself is to want the best for yourself.

I commit to the following...

- Say encouraging words to myself.
- Practice self-soothing techniques.
- Do healing work to let go of the past.
- Embrace and accept my inner child.
- Set healthy boundaries.
- Take regular breaks.
- Work on my personal growth.
- Practice mindfulness.
- Adopt a healthy lifestyle.

Your Name

Date



EXERCISE 2

SETTING RULES FOR SELF-LOVE

Loving yourself means saying “no” to things that don’t nurture and support your well-being.



SET YOUR INTENTION FOR SELF-LOVE

- Stop comparing with others.
- Stop blaming myself.
- Stop judging myself.
- Stop doubting myself.
- Stop gaslighting myself.
- Stop undermining my capabilities.
- Stop shaming my body.
- Stop craving for other people’s approval.



Loving yourself means saying “YES” to things that nurture and support your well-being.



SET YOUR INTENTION FOR SELF-LOVE

- Accept that I make mistakes.
- Forgive myself.
- Affirm my strengths.
- Encourage myself.
- Embrace my imperfections.
- Believe in myself.
- Trust my intuition.
- Invest in my growth.



EXERCISE 3

SETTING HEALTHY BOUNDARIES

Setting Boundaries For Self-Love

Setting boundaries is important for self-love. Boundaries are the lines we draw to protect our feelings, values, and personal space. In the absence of boundaries, we can end up neglecting our own needs and become depleted.

Healthy boundaries mean knowing what our limits are, saying “no” when needed, and respecting others’ boundaries too. When we have healthy boundaries, we are better able to maintain emotional balance. On the other hand, unhealthy boundaries involve over-availability, difficulty in saying “no”, and resentment towards others when we sacrifice our own needs.

Setting boundaries isn't about being mean. Nor is it about being selfish. It's about undertaking self-responsibility, so that we can be the best version of ourselves. Everyone benefits when we are at our best. Setting boundaries helps to bring about emotional stability and resilience.

“If you want to live an authentic, meaningful life, you need to master the art of disappointing and upsetting others, hurting feelings, and living with the reality that some people just won't like you. It may not be easy, but it's essential if you want your life to reflect your deepest desires, values, and needs.”

– Cheryl Richardson



Healthy Boundaries Checklist

Give yourself time to reflect on what healthy boundaries mean to you.

Use the checklist below and tick if it applies...

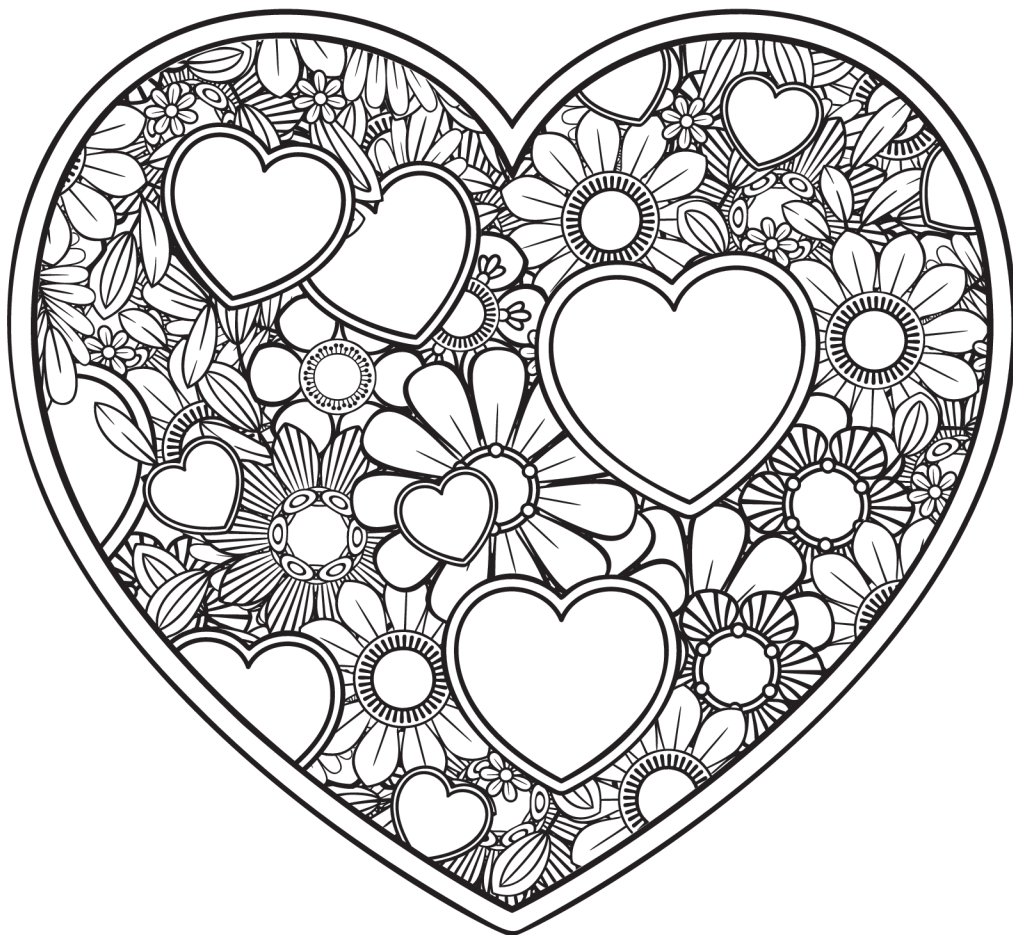
- I say “no” when I feel overwhelmed or overworked.
- I am capable of asking for what I need.
- I am comfortable with asking for help.
- I hold myself responsible for my own happiness.
- I make my emotional well-being a priority.
- I allocate sufficient time for my own self-care.
- I stay out of gossip.
- I stay out of other people’s drama.
- I stay out of toxic relationships.



EXERCISE 4

F.L.Y. HEART MANDALA

F.L.Y. stands for First Love Yourself. Fill your heart with love for yourself by coloring the heart mandala below. To love yourself is to fill your own cup. When you have an overflowing cup, you are better able to give love generously to others too. Self-love forms the foundation for your care, empathy and compassion for others.



EXERCISE 5

PUT ON YOUR INVISIBLE CROWN

Have you heard of the mantra: “*Always wear your invisible crown*”?

While it may sound whimsical, this simple mantra holds profound wisdom. Essentially, wearing your invisible crown is about cultivating a mindset of self-assurance and empowerment. It’s a reminder to carry yourself with dignity, grace, and confidence.

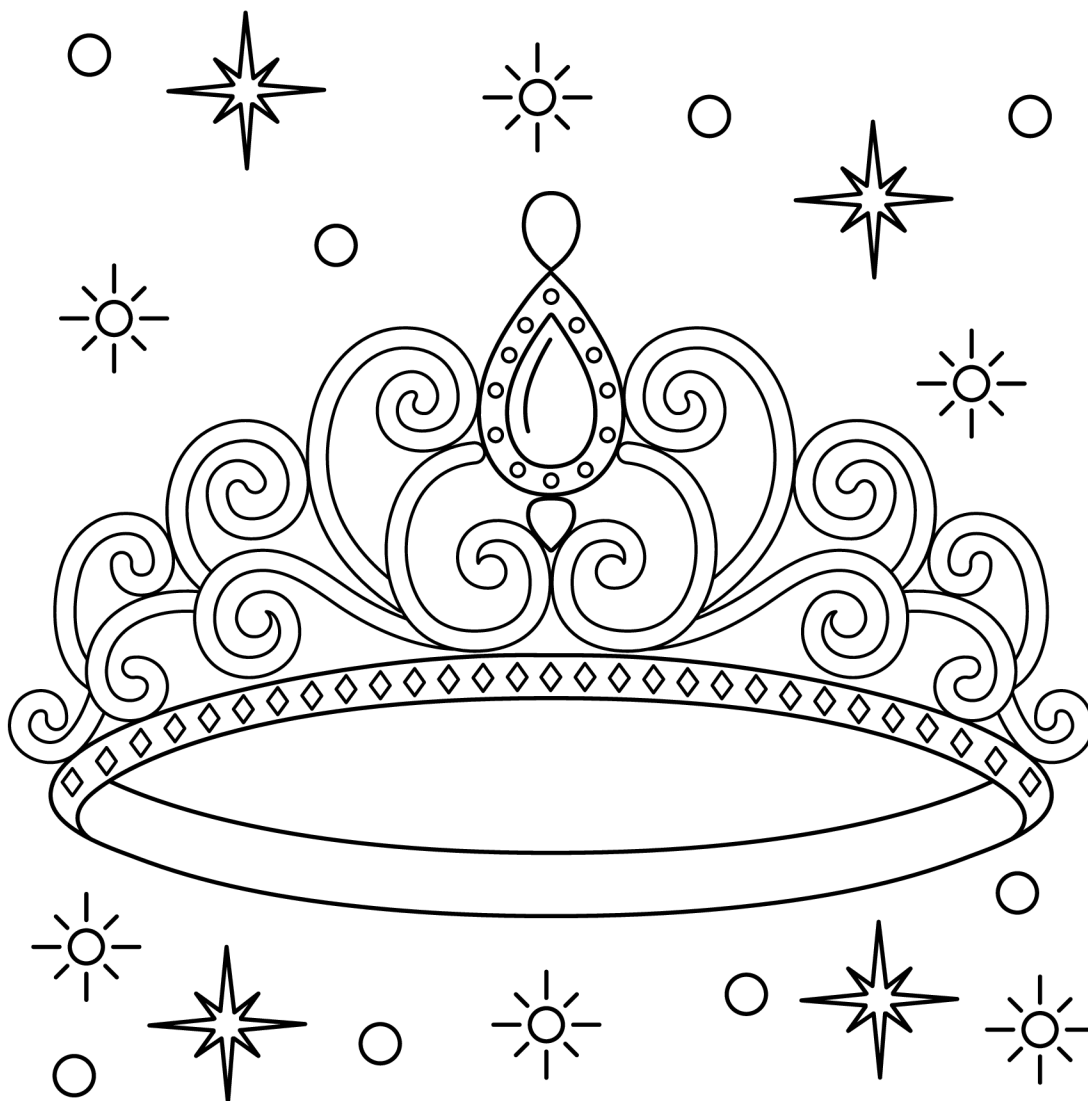
You may encounter countless situations that diminish your sense of self-worth in your daily life. However, by internalizing the idea of wearing your invisible crown, you can tap into a reservoir of inner strength. Wearing your invisible crown isn’t about arrogance or entitlement, it’s about standing tall even when you are feeling unsure or insecure.

When you wear your invisible crown, it’s about owning your authentic power. Your confidence becomes contagious and you inspire others along the way. From today, always be wearing your invisible crown and let your brilliance shine!



Color Your Crown

Color your invisible crown (below) and imagine putting it on.
Walk around with your invisible crown all day :)



SECTION A(2): SELF-CARE

Self-care refers to the actions and practices that you engage in on a regular basis for your physical, mental, and emotional health. It means nurturing and meeting essential needs, often through tangible activities. Self-care ensures a sense of comfort and well-being in the way you live.



"Nourishing yourself in a way that helps you blossom in the direction you want to go is attainable, and you are worth the effort." ~Deborah Day

EXERCISE 9

FIND YOUR WAY HOME MAZE

Find your way back to your heart. As the saying goes, home is where the heart is. Contemplate on what it means to be true to yourself or your heart. Always be your authentic self!



EXERCISE 10

SELF-LOVE RECIPE

Self-Love Recipe

Ingredients

- 1 cup of self-acceptance
- 1 cup of self-compassion
- 1 cup of self-kindness
- 1 cup of self-forgiveness
- 1 cup of self-care
- 10 scoops of self-belief



Instructions

1. Combine all ingredients in a bowl and mix well.
2. Take a few deep breaths and close your eyes.
3. Imagine yourself pouring the self-love mixture over yourself, infusing into every cell of your body and from head to toe.



PUT ON YOUR APRON & GET CREATIVE!

Self-Love Recipe

Ingredients

Instructions



EXERCISE 11

Today's date / /

SELF-CARE JOURNAL

Self-care covers ways such as

- Eating nutritious food
- Exercising regularly
- Getting enough sleep
- Practicing mindfulness or meditation
- Seeking medical or psychological help when needed.

Self-care should be part of your daily routine. However, people often neglect an aspect of what it means to be in optimal health and wellness. Hence, identify how else you can elevate your standard of care by journaling below.

What are some areas of self-care that you would like to enhance and why?

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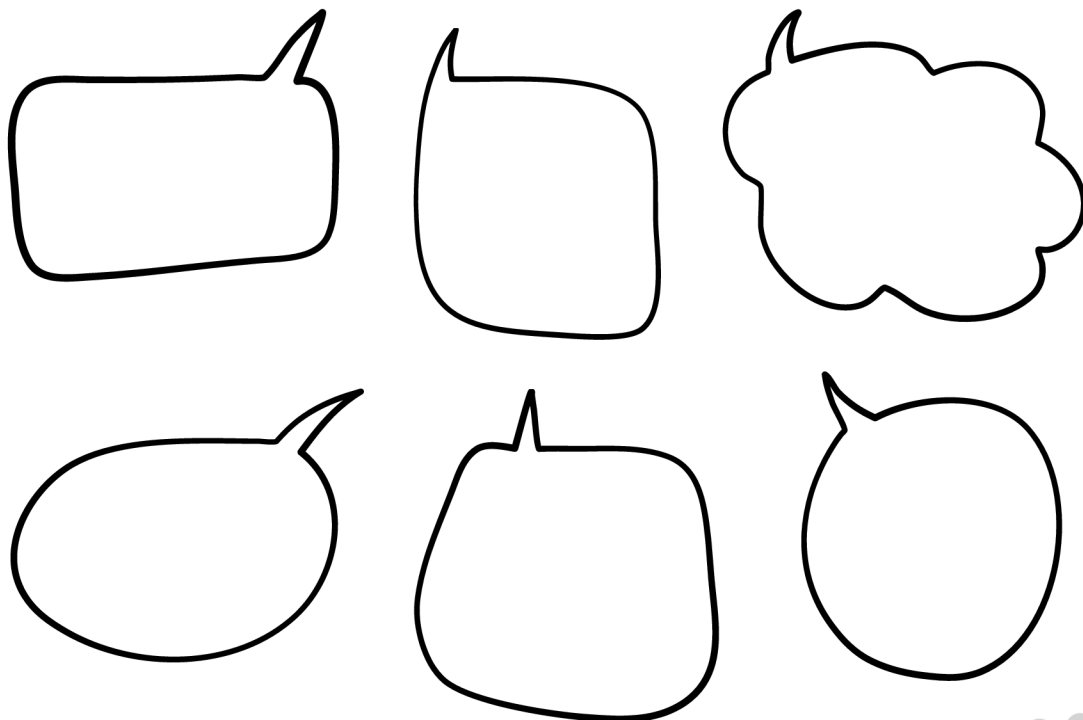
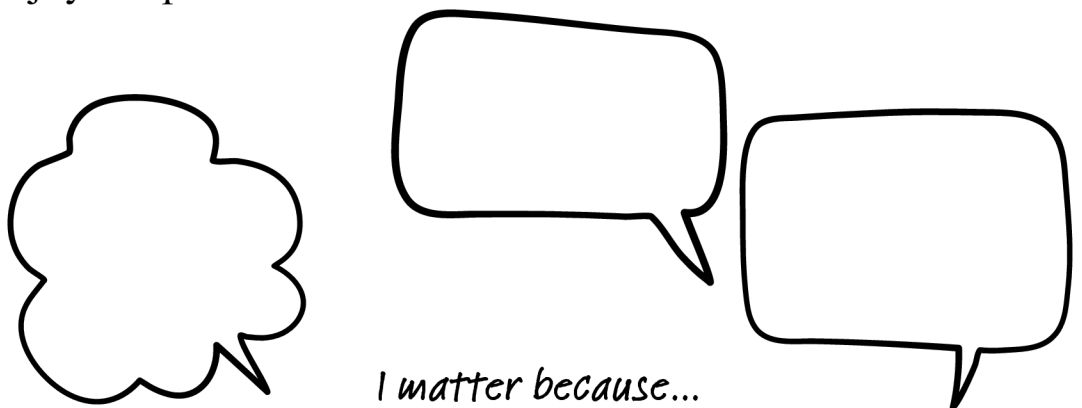
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EXERCISE 12

Self-Talk Reflections

Reflect on your strengths, qualities, and accomplishments that make you unique and valuable. Be honest and kind to yourself as you write these reflections. Giving yourself the permission to recognize your own value allows you to build confidence and resilience. You are awesome, and you matter! Have fun and enjoy the process.



EXERCISE 13

CELEBRATE YOURSELF JOURNAL

Celebrate in Big and Small Ways

We are often quick to celebrate the achievements and strengths in others but we tend to forget to do the same for ourselves. If we are intending to practice self-love, let's learn to celebrate ourselves too.

What are your favorite personality traits?

What are you most proud of?

What are your strengths?

Interview a friend or family member. What does this person most appreciate about you?



EXERCISE 14

GRATITUDE JOURNAL

Practice Self-appreciation

Let's learn to recognize and appreciate our inherent worth and beauty. When we practice gratitude for self-love, we shift our focus from what we lack to what we are already blessed with, thus fostering a *deeper sense of contentment and acceptance.*

What traits about you do you feel most grateful for?

Which inner qualities have helped you overcome your challenges that you feel most grateful for?

How else would you like to validate yourself?



EXERCISE 15

LOVE LETTER TO YOURSELF

Letter of Appreciation

Write a letter of appreciation to yourself. Detail all the things you can think of that you appreciate. For example, your abilities (cooking, gardening, writing), your actions (getting things done, volunteer work, etc.), your body (being healthy or what you are good at) or it could be about your personality. Below is an appreciation letter that I wrote to myself, as an example.

Dear Evelyn,

I appreciate you for your willingness to grow. You've constantly invested your time and energy to studying, exploring and applying what you've learned. As a result, you've evolved so much over the years. What's amazing is that you've courageously gone on to create a positive impact in the lives of others, in spite of your doubts and fears. I am very proud of what you've accomplished. You've been balancing work and being a wife, mother and daughter at the same time. And you've tried your best to show up for all those who are dear to you. It's not been easy but you've managed to stay the course, firmly holding on to your values. I appreciate you for all that you do and are. Love ya!

EXERCISE 16

SELF-LOVE SONGS

Create a playlist of songs about self-love. Play them every time you go to the gym, take a walk, ride on the bus, etc.

To create your playlist, tick your favorites in the list below. You can check the songs out on YouTube if you don't already know them. Additionally, write down other songs on self-love that you like.



- Greatest love of all* by Whitney Houston
- Beautiful* by Christina Aguilera
- Roar* by Katy Perry
- Me!* by Taylor Swift
- Reflection* by Christina Aguilera
- Try* by Colbie Caillat

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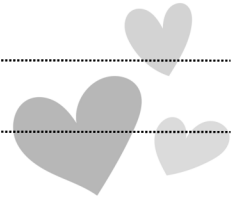
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SECTION A(3): SELF-ACCEPTANCE

Self-acceptance is the *acknowledgement* of all aspects of the self; including strengths, weaknesses, successes, and failures. With unconditional self-acceptance, you embrace yourself without judgment, recognizing that you are human and that it is okay to be imperfect. It is also where you recognize your own intrinsic worth regardless of achievements or external validation.



"Owning our story and loving ourselves through that process is the bravest thing that we'll ever do."

– Brené Brown

EXERCISE 17

COLOR YOUR HEART

As you color in this heart, take a moment to reflect on the importance of true self-love and acceptance. Like how each color brings the heart to life, self-love adds vibrancy to our lives. Apply color and let your heart shine!



EXERCISE 18

EMBRACING IMPERFECTIONS

Steps:

- 1) Create a drawing that reflects an imperfection which you perceive in yourself.
- 2) Around the drawing, write a few words that describe how the imperfection contribute to your uniqueness.
- 3) Take a moment to embrace your imperfection and appreciate your drawing as a reflection of your authentic self.



EXERCISE 19

MIRROR MIRROR ON THE WALL

The mirror exercise offers a great opportunity to deepen the connection with yourself through practicing positive self-talk and doing so without the need for self-shaming with regards to your imperfections.



Step 1: Set the Scene

Find a quiet and comfortable space where you can spend some uninterrupted time with yourself in front of a mirror. Ensure good lighting and a mirror that allows you to see yourself clearly.

Step 2: Establish Intention

Before beginning, take a moment to set an intention for the exercise. This could be a commitment to practicing self-compassion, cultivating acceptance, or simply exploring the relationship with yourself more deeply.

Step 3: Gaze into the Mirror

Stand or sit in front of the mirror and take a few deep breaths to center yourself. Gently gaze into your own eyes, allowing yourself to be fully present in the moment.

Step 4: Practice Self-Reflection

As you look at yourself, observe any thoughts, emotions, or physical sensations that arise without judgment. Notice the unloved or unlovable aspects about yourself that you tend to shy away from or criticize.

Con't on next page...



The Mirror Exercise

Step 5: Visualize Pure Love

Pick one of these unlovable aspects. Through a loving and non-judgemental lens, bathe it with acceptance. Visualize pure love flowing from your heart to this unlovable aspect.

Step 6: Reinforce and Repeat

Affirmations such as “I embrace this part of me” or “I accept myself fully and completely” can be particularly powerful. Feel love permeating the previously unloved aspect of you. Pick another aspect and repeat Steps 5 and 6.

Step 7: Love The Whole

Visualize sending love and compassion to all of you, the person reflected in the mirror being yourself. Imagine wrapping yourself in a warm embrace or offering words of comfort and encouragement to your reflection.

Step 8: Reflect on the Experience

After completing the exercise, take a moment to reflect on your experience. Notice any shifts in your thoughts or feelings toward yourself and acknowledge any insights gained. Fill in the the journal page for the Mirror Exercise.

By incorporating the mirror exercise into your self-love practice, you can cultivate greater acceptance, and nurture a more loving relationship with the person who matters most—*You!*



Journal Page for the Mirror Exercise

Date / /

What aspects about myself do I tend to avoid or feel averse about?

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What affirmations or words of self-acceptance would I like to tell myself?

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What shifts may I have noticed or what insights did I gain from doing the mirror exercise?

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To love yourself is to accept who you are. Learn to embrace all parts of yourself; including all the flawed and imperfect parts that you've once rejected or shamed in the past. True self-love is unconditional, where you accept yourself fully.



EXERCISE 20

SELF-ACCEPTANCE: FEELINGS

Embrace How You Feel

Self-love means accepting every part of who we are—including *how we feel*. But let's be honest, acknowledging our feelings isn't always easy. For many, it's far easier to suppress them. Over time, the habit of suppressing emotions can lead to problems like anxiety, depression, or even unhealthy coping mechanisms.

To fully accept your feelings, you'd have to include even the messy, uncomfortable ones. It means being able to say, "I feel angry right now, and that's okay." But don't get me wrong—accepting your anger doesn't mean it's okay to lash out at others. It simply means you're acknowledging your emotions as valid parts of your human experience.

Some of us are afraid of being vulnerable, as it is perceived as being weak. But emotions aren't a sign of weakness—they're our guides. They tell us what matters, what hurts, what lights us up, and what we need to heal from.

When you own how you feel, you give yourself the power to respond in healthier, more intentional ways. The truth is, feeling your emotions is an act of courage. It's a way of saying, "I'm worthy of listening to myself, even when it's hard." And when you let yourself feel, you take a powerful step toward real, lasting self-love.

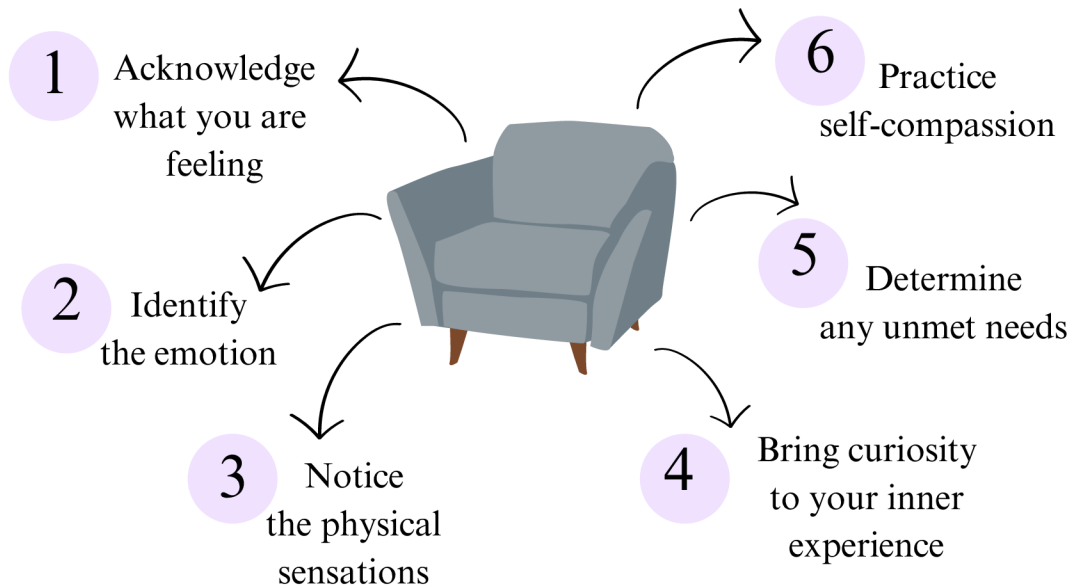


How to Sit with Your Emotions

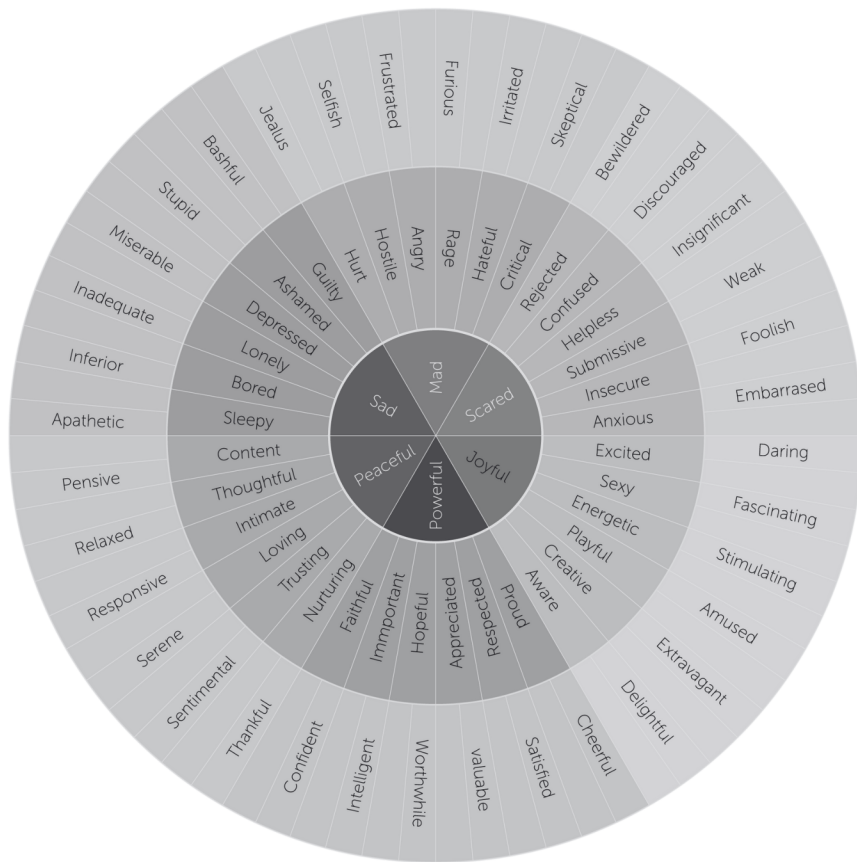
Practising self-love means giving ourselves permission to feel deeply and authentically. It means being present with our discomfort, acknowledging our pain, and celebrating our wins, no matter how small. It's about creating a safe space within ourselves where all emotions are welcome and accepted without judgment.

So start to listen in. Sit with your emotions. The graphic below offers guidance on how to embrace what you feel in a space of non-judgment and compassion...

Be present | Find a safe place | Apply non-judgement



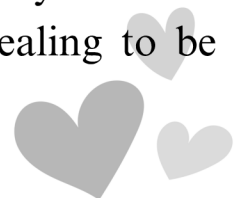
Wheel of Emotions: Raise Your Vocabulary



Feeling Wheel Source: <https://allthefeelz.app/cc/feeling-wheel/>

Your emotions provide feedback on how you can realign yourself. Neuroimaging and behavioral research has shown a reduction in stress levels when we *label* our emotions. It supports you with feeling more grounded and in your ability to manage how you feel.

Hence, learn to identify your feelings (using the *Wheel of Emotions*). Be as specific as possible and make distinctions in what you are actually feeling. For example, could your sadness be about feeling abandoned? Being specific helps you to be more accurate in what you feel, thus allowing healing to be more complete.



Build Emotional Awareness

Emotional awareness is a key component of *emotional intelligence*, helping us navigate our feelings and respond to them in a healthy and constructive manner. By understanding the *underlying meanings* and *needs behind our emotions*, we can address them more effectively and improve our overall well-being.

Refer to the chart *Meanings behind Emotions* on the next page for a guide on what the various emotions could mean.

For example, let's consider the emotion of anger. Often, anger arises when we feel threatened or when our boundaries are violated. When we feel anger, it's crucial to pause and ask ourselves: What exactly is making me feel threatened or disrespected? What boundaries are being crossed?

If you feel angry because a colleague interrupted you during a meeting, your underlying need might be to feel respected and heard. A constructive action could be to talk to your colleague later and express how you felt, while also suggesting a more respectful way to communicate during meetings. Another option is to work on releasing anger safely (refer to Exercise 28 on using EFT tapping).

Strive for emotional authenticity, honoring the full spectrum of your feelings without judgment or self-censure. This helps you to cultivate emotional resilience and a healthier response in your relationships with others.



Meanings Behind Emotions

EMOTION	MEANING	NEED
Anger	Something is unfair, hostility towards perceived threat.	To feel protected, set boundaries.
Worry	Concern that something could go wrong.	To feel assured or safe.
Fear	Facing threat and danger, concern for one's safety.	To feel safe from harm.
Frustration	Unmet expectations.	To feel successful or accomplished.
Jealousy	Comparing and feeling less than, insecure.	To feel just as, if not more accomplished or successful.
Shame	Self-criticism about being flawed or "not good enough".	To feel accepted, loved and worthy.
Sadness	Grief over a loss.	To feel comforted and whole again.



Feelings Journal

Today's Date ___/___/___

What am I feeling? Remember to be as specific as possible.

.....

Where can I feel this in my body? Describe sensations.

.....

What happened that contributed to how I'm feeling?

.....

.....

How intense do I feel? My intensity score is _____/10.

What thought patterns are contributing to how I feel?

.....

.....

What are my emotional needs (e.g. to be approved)?

.....

.....

How can I start to feel better? My options are...

Reframe my thoughts to:

.....

Let go of things outside my control:

.....

Others (such as, talk it over with someone, use EFT tapping, take a break, etc.):

.....

.....

.....



EXERCISE 21

BODY SCAN MEDITATION

The body scan meditation is a mindfulness practice that involves systematically bringing awareness to different parts of the body. As you scan your body from head to toe, you consciously release any tension you've noticed and you also offer love, compassion, and acceptance to each part. The body scan meditation is often used as a tool for relaxation.

Through directing your attention to the various parts of your body, you are to observe any sensations that arise, such as tension, warmth, or tingling, without judgment. As a tool for self-love, the body scan meditation allows you to develop a deeper connection with your body, as well as to calm the mind. It promotes physical health and psychological well-being.

Both the body scan meditation and the mirror exercise have similar steps but there are some differences. With eyes closed, the body scan meditation focuses on physical awareness and stress reduction. On the other hand, the mirror exercise that requires you to look at your own reflection, focuses on building a healthy self-image and engaging in a positive dialogue.



BODY SCAN MEDITATION

Steps

- Find a quiet and comfortable space to sit or lie down.
- Close your eyes gently and begin by focusing on your breath, allowing yourself to relax.
- Scan your body from head to toe, paying attention to each part as you move through it.
- Offer love and acceptance to each part of your body, noticing any sensations without judgment.
- Soften any tension or tightness you may feel, sending love and warmth to each area.
- Start with your scalp, forehead, eyes, cheeks, and jaw, allowing your face to relax completely.
- Move down to your neck, shoulders, arms, and hands, feeling gratitude for their support.
- Shift your attention to your chest and heart center, embracing the beating of your heart with love and compassion.
- Continue scanning through your abdomen, lower back, and pelvis, feeling grounded and supported.
- Move through your hips, thighs, knees, calves, and feet, relaxing each part completely.
- Rest with loving awareness, accepting your entire body.
- Gently bring your attention back to your breath.
- Invite feelings of love and gratitude to fill your heart with each inhale, releasing tension with each exhale.
- When you're ready, open your eyes and carry this sense of self-love and acceptance with you throughout your day.

Tick if done:



EXERCISE 22

JOURNAL REFLECTIONS: I Am Me

"I am Me. In all the world, there is no one else exactly like me. Everything that comes out of me is authentically mine, because I alone chose it – I own everything about me: my body, my feelings, my mouth, my voice, all my actions, whether they be to others or myself.

I own my fantasies, my dreams, my hopes, my fears. I own my triumphs and successes, all my failures and mistakes. Because I own all of me, I can become intimately acquainted with me. By so doing, I can love me and be friendly with all my parts.

I know there are aspects about myself that puzzle me, and other aspects that I do not know – but as long as I am friendly and loving to myself, I can courageously and hopefully look for solutions to the puzzles and ways to find out more about me.

However I look and sound, whatever I say and do, and whatever I think and feel at a given moment in time is authentically me. If later some parts of how I looked, sounded, thought, and felt turn out to be unfitting, I can discard that which is unfitting, keep the rest, and invent something new for that which I discarded.

I can see, hear, feel, think, say, and do. I have the tools to survive, to be close to others, to be productive, and to make sense and order out of the world of people and things outside of me. I own me, and therefore, I can engineer me.

I am me, and I am Okay."

~ Virginia Satir

EXERCISE 23

JOURNAL REFLECTIONS: As I Began to Love Myself

"As I began to love myself, I found that anguish and emotional suffering are only warning signs that I was living against my own truth. Today, I know, this is 'AUTHENTICITY'.

As I began to love myself, I understood how much it can offend somebody if I try to force my desires on this person, even though I knew the time was not right and the person was not ready for it, and even though this person was me. Today I call it 'RESPECT'.

As I began to love myself, I stopped craving for a different life, and I could see that everything that surrounded me was inviting me to grow. Today I call it 'MATURITY'.

As I began to love myself, I understood that at any circumstance, I am in the right place at the right time, and everything happens at the exactly right moment. So I could be calm. Today I call it 'SELF-CONFIDENCE'.

As I began to love myself, I quit stealing my own time, and I stopped designing huge projects for the future. Today, I only do what brings me joy and happiness, things I love to do and that make my heart cheer, and I do them in my own way and in my own rhythm. Today I call it 'SIMPLICITY'.

Con't on next page...



As I began to love myself, I freed myself of anything that is no good for my health – food, people, things, situations, and everything that drew me down and away from myself. At first I called this attitude a healthy egoism. Today I know it is 'LOVE OF ONESELF'.

As I began to love myself, I quit trying to always be right, and ever since I was wrong less of the time. Today I discovered that is 'MODESTY'.

As I began to love myself, I refused to go on living in the past and worrying about the future. Now, I only live for the moment, where everything is happening. Today I live each day, day by day, and I call it 'FULFILLMENT'.

As I began to love myself, I recognized that my mind can disturb me and it can make me sick. But as I connected it to my heart, my mind became a valuable ally. Today I call this connection 'WISDOM OF THE HEART'.

We no longer need to fear arguments, confrontations or any kind of problems with ourselves or others. Even stars collide, and out of their crashing new worlds are born. Today I know 'THAT IS LIFE!'"

~ Charlie Chaplin



SECTION A(4): SELF-THERAPY

Undertaking self-therapy means actively engaging in reflection and techniques to address and manage personal issues and emotional challenges. It involves utilizing evidence-based tools to promote mental well-being. By committing to self-therapy, you take an active role in your healing process; thus fostering greater self-love and growth.

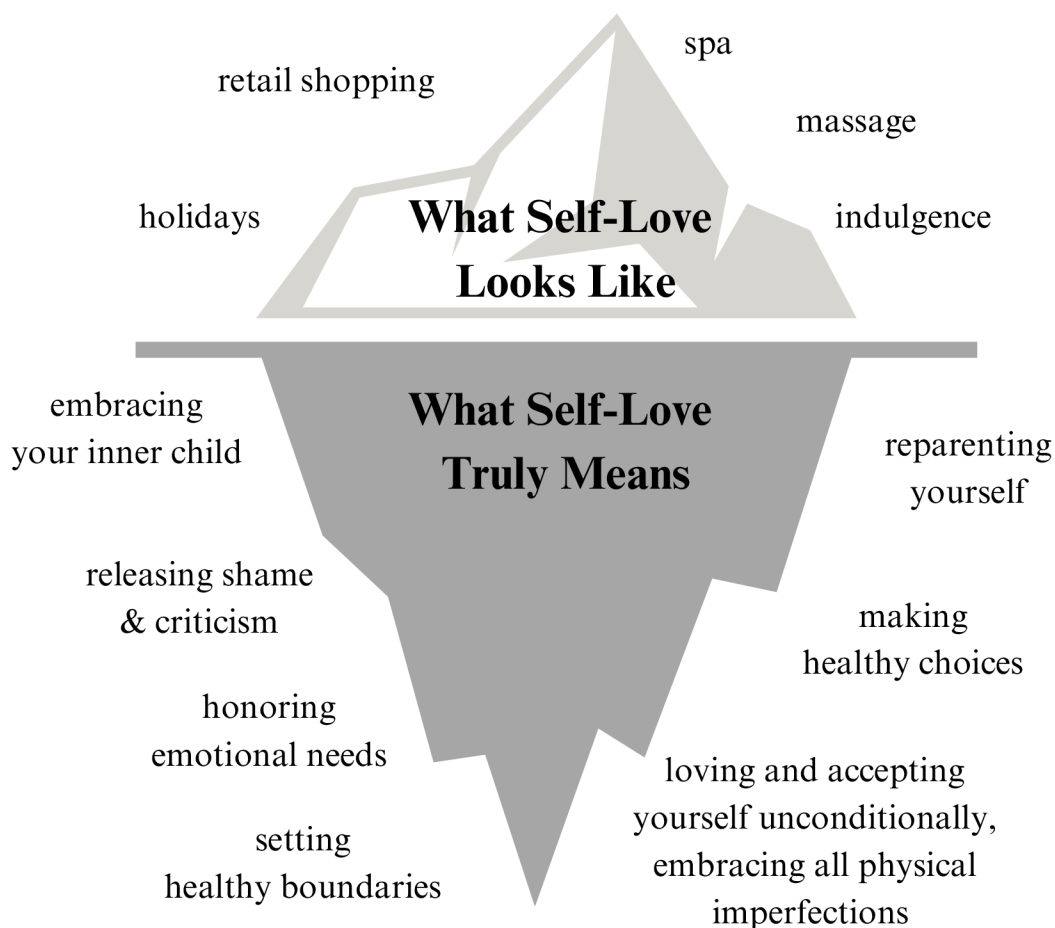


"If you want to Soar in Life, you must learn to F.L.Y. (First Love Yourself)!" – Mark Sterling

EXERCISE 24

THE SELF-LOVE ICEBERG

Iceberg Theory



Many people associate self-love with activities like going to the spa or getting massages. However, if you take a moment to reflect, you'd realize that a spa session alone is not likely to create unconditional self-love when you struggle with valuing yourself. As I've discovered, the practice of self-love is akin to an iceberg where there are deeper layers. You need to dig deep to uncover what is beneath the surface. In fact, it involves a self-discovery journey to finding your authentic self.



The Self-Love Iceberg

The Iceberg Theory of Self-love emphasizes the importance of delving into your being. It's the *hidden* aspects, such as acceptance, forgiveness, and understanding that form the foundation of true self-love. You are called to embrace everything about yourself; including your past, rejected and abandoned parts, and including your wounded inner child.

It may feel scary at first, but giving yourself permission to uncover the hidden layers of your inner iceberg sets you free. You are casting light into the *shadow* parts of who you are. It's about releasing shame, accepting that you are imperfect and setting boundaries. Unconditional self-love involves embracing your entire existence—the seen and unseen, the highs and lows, your strengths and vulnerabilities.

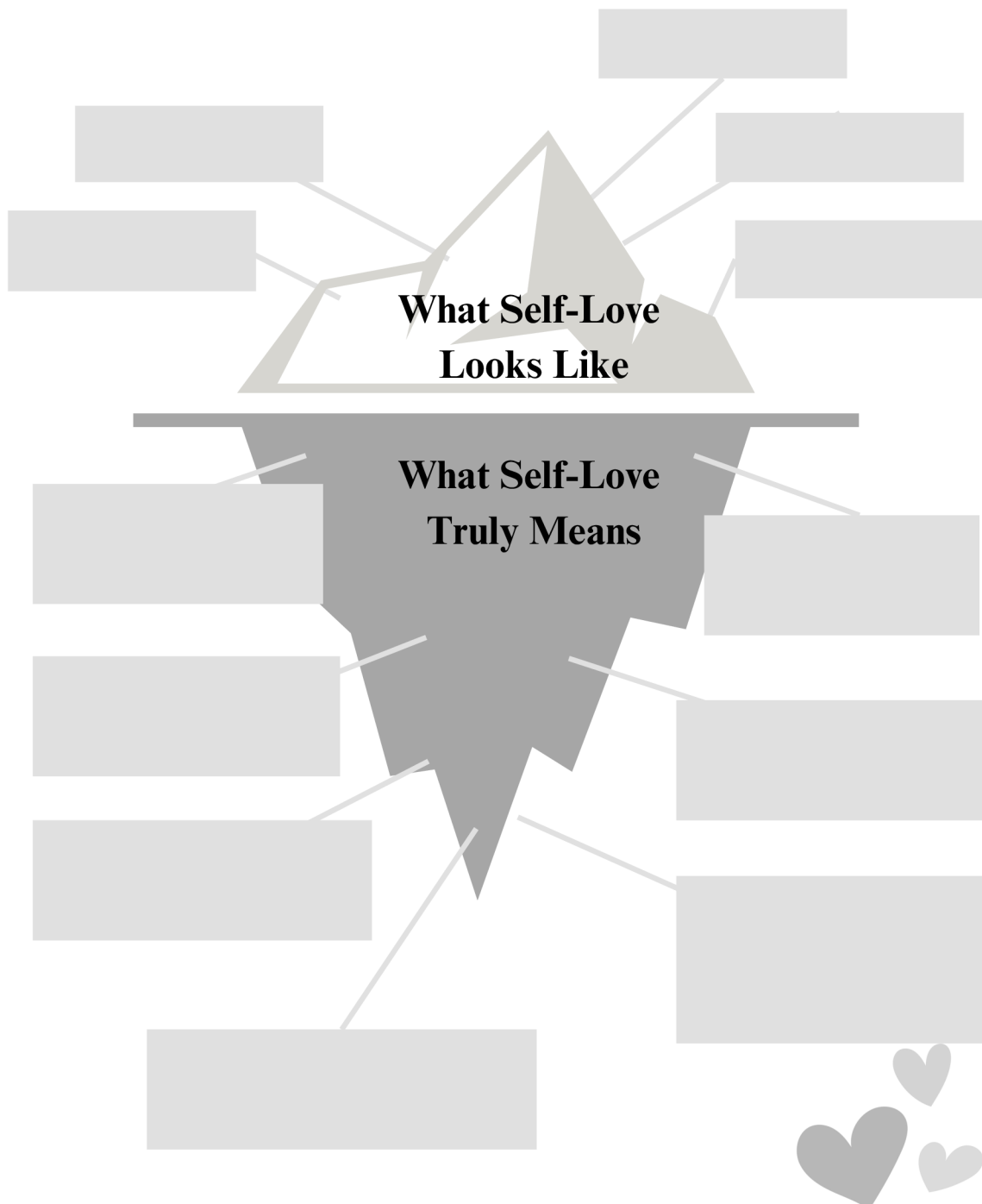
The journey of alchemy enables you to build a healthy relationship with yourself. Just imagine what can happen from undergoing the healing and restorative process. You'd be able to align with your authentic self and to show up with greater confidence.

The *gold* that you seek can be found from within. It brings you happiness, emotional resilience, confidence, health and a loving relationship with others. Self-love alchemy is a transmutation process that not only changes your inner world but also radiates outward, positively affecting the world around you.



Self-Love Iceberg Exercise

Now that you have read about the metaphor of self-love being like an iceberg, fill up the boxes below on what you have understood. Hint: refer to the previous iceberg image for some suggested answers!





EXERCISE 25A

CHILDHOOD JOURNAL

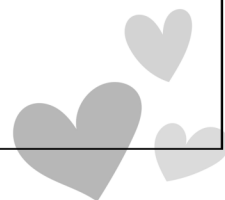
My Favorites

As a child, I always wondered about...

As a child, I was fascinated by...

As a child, I would daydream about...

The favorite part about my childhood was ...





EXERCISE 25B

CHILDHOOD JOURNAL

My Favorites

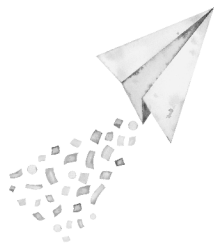
Books

Songs

Games and Hobbies

Sports and Activities





EXERCISE 26A

TEENAGE JOURNAL

My Favorites

As a teen, I would dream about...

As a teen, my biggest achievement was...

With my teenage friends, we would...

The favorite part about my teenage years was...





EXERCISE 26B

TEENAGE JOURNAL

My Favorites

Books

Songs

Games and Hobbies

Sports and Activities





EXERCISE 27

PAST SELF JOURNAL

Self-discovery Reflection

How did my childhood memories shape the person I am today?

What would I like to thank my past self for?

What did I wish my past self knew that I know now?



IT'S OKAY

- ★ To make mistakes
- ★ To have failed
- ★ To have bad days
- ★ To be less than perfect
- ★ To be different
- ★ To be a work-in-progress
- ★ To Be Yourself!



EXERCISE 28

EFT TAPPING FOR EMOTIONAL HEALING

What is EFT Tapping?

EFT (Emotional Freedom Techniques), also known as tapping, is a powerful mind-body technique that aids in emotional healing and creating mindset shifts. It combines elements of Traditional Chinese Medicine with modern psychology. It involves tapping on specific acupuncture or meridian points on the face and body while focusing on a particular problem.

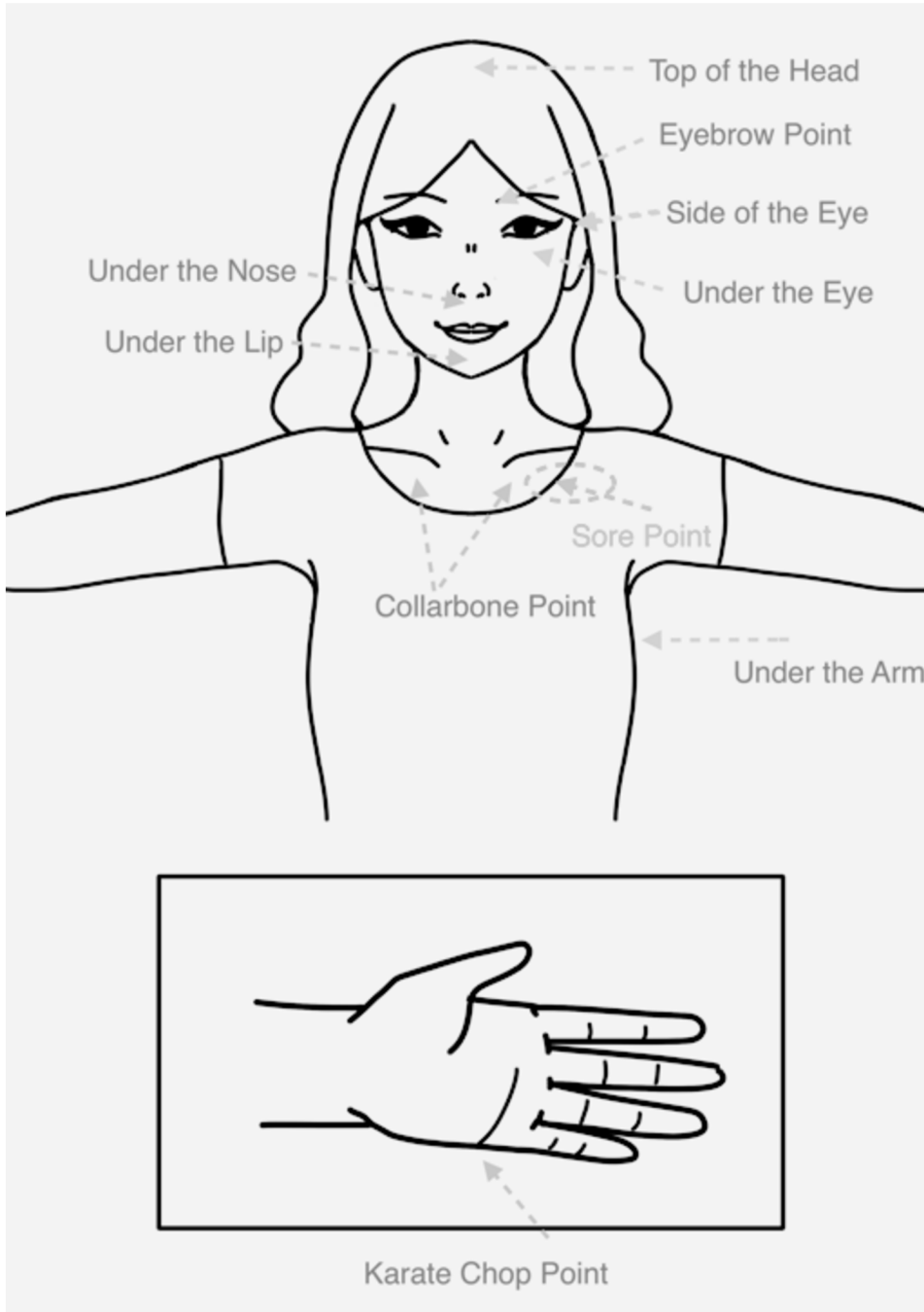
The premise behind EFT tapping is that disruptions or imbalances in the body's energy system bring about emotional distress. Tapping on meridian points helps to clear blockages and to restore balance to the energy system. A calming signal is sent to the brain, thus causing a reduction in stress and anxiety.

How Does EFT Tapping Align with Self-Love?

To love ourselves unconditionally is to acknowledge and accept our emotions, even the challenging ones. Using EFT tapping, we are encouraged to work through our feelings without judgment or resistance. The words that we use whilst tapping reinforces self-love and acceptance. A space is created to validate our inner experiences and to cultivate a sense of self-compassion. Through applying EFT tapping, our ability to release our negative self-talk and to create a cognitive shift increases.



EFT Tapping Points



For free EFT Tapping Videos,
go over to <https://www.youtube.com/evelynlim>



STEPS TO APPLY EFT TAPPING

Bring attention to your problem. Locate the feeling and sensations in the body. Rate your intensity score ____/10

Step 1: Set-Up

Say the following set-up statement while tapping on the Karate Chop or Side of the Hand Point (x3):

“Even though I am having this _____(problem/negative emotion/belief), I deeply and completely love and accept myself.”

Step 2: Tapping Sequence

Tap using the Tapping Sequence (x2 rounds) and while tapping, verbalise the problem that you are having::

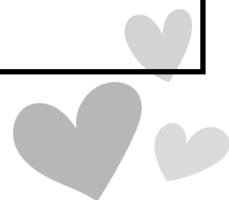
(example) “This anger / This sadness / This pain...”

- Top of the Head
- Eyebrow
- Side of the Eye
- Under the Eye
- Under the Nose
- Under the Lip
- Collarbone
- Under the Arm

Tap each point 7-8 times.

Step 3: Take a Deep Breath and Review

Deep breath in and out (x1). Check intensity score. Repeat the steps 1-3 if there is remaining intensity.



EFT Tapping Exercise (Sample Script)

Let's say that you feel disappointed with yourself for your lack of success and you are finding it hard to embrace yourself.

Start with rating how disappointed you feel. Make a note of the intensity rating (____/10) with 10 being very disappointed.

Step 1: Setup (Verbalise 3 times)

Even though I feel disappointed with myself, I accept myself.

Step 2: Tapping Sequence

Top of the Head (TH): Feeling disappointed.

Eyebrow (EB): Noticing my lack of success.

Side of the Eye (SE): I've not been successful.

Under the Eye (UE): Feeling the struggle.

Under the Nose (UN): This feeling of disappointment.

Chin (CH): It's been a struggle getting there.

Collarbone (CB): Feeling not good enough.

Under the Arm (UA): I'm such a disappointment.

Top of the Head (TH): What if I can let go of criticizing myself?

Eyebrow (EB): What if I can let go of shaming myself.

Side of the Eye (SE): I release the need to constantly judge myself.

Under the Eye (UE): I choose to lower the self-critical voice.

Under the Nose (UN): I choose to recognize how far I have come.

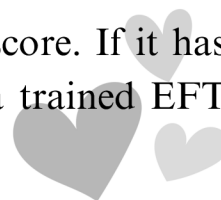
Chin (CH): I'd like to encourage myself.

Collarbone (CB): I intend to learn and grow from this.

Under the Arm (UA): I love and accept myself anyway.


Step 3: Take a Deep Breath and Relax

Breathe in and out. Check in to assess your intensity score. If it has stayed the same or gone up, reach out for help with a trained EFT tapping practitioner.



EFT Tapping Journal for Self-Love

List specific reasons or aspects about your challenges with self-love and how it is making you feel. Then, tap to release these aspects (tick the box after you've tapped).

Why I'm Facing Challenges with Loving Myself	Done?
<p>Reason #1:</p> <p>What I Think & Feel:</p> <p>How I'd like to Think & Feel Instead:</p>	
<p>Reason #2:</p> <p>What I Think & Feel:</p> <p>How I'd like to Think & Feel Instead:</p>	
<p>Reason #3:</p> <p>What I feel:</p> <p>How I'd like to Think & Feel Instead:</p>	

EXERCISE 29

TRIGGER TRACKER

Practice mindfulness on how you are being triggered. A breakdown example is provided as follows...

Date	<i>Jan 1, 2024</i>
Trigger	<i>My boss gave me "the look" when I made a small mistake.</i>
Emotions	<i>Scared, felt like he was going to eat me alive, felt small</i>
Core or Limiting Belief	<i>I'm stupid and unworthy of approval.</i>
What Does the Trigger Remind Me Of	<i>The time when I failed Math when I was 6 years old, and my dad gave me the same look.</i>
Core Need	<i>I need approval.</i>
What Can I Think or Feel to Address This	<i>It's okay to make mistakes. Everyone does. It's a learning journey. I don't need my boss's approval to know that I am okay.</i>
Positive Affirmation	<i>I am okay. I am willing to learn from my mistakes.</i>



Trigger Tracker Worksheet

Fill the boxes below when you notice yourself being triggered...

Date	
Trigger	
Emotions	
Core or Limiting Belief	
What Does the Trigger Remind Me Of	
Core Unmet Need (eg. Need to feel heard, Need to be approved)	
What Can I Think or Feel to Address My Unmet Need	
Positive Affirmation	



EXERCISE 30

HEAL YOUR INNER CHILD

Introduction to Inner Child Concept

The inner child is a concept that refers to the childlike aspect within each of us. It's that part of our psyche that retains memories, emotions, and experiences from our childhood. Think of it as your younger self as being present today.

The inner child concept originated from psychological theories and practices, particularly within the realm of psychotherapy. Carl Jung, a pioneering Swiss psychiatrist, introduced the idea of the “child archetype” as part of his work on the collective unconscious. He believed that this archetype represents innocence, creativity, and the memories and emotions from our early years.

Later, inner child work was further developed by therapists like John Bradshaw, who popularized it in the 1980s. Bradshaw emphasized that addressing the needs and traumas of the inner child is crucial for emotional healing and personal growth. By reconnecting with our inner child, we can better understand our core emotions, behaviors, and unresolved issues, leading to a more integrated and fulfilling life.

Your inner child can hold both joyful, playful energy and/or unresolved wounds from the past. Connecting with your inner child can be incredibly healing, helping you understand your core emotions and behaviors. It's like giving your younger self a big hug, acknowledging their feelings, and allowing them to feel seen and heard.



Calming Your Inner Child

Using the same iceberg theory, our behavior is often a symptom of deeper underlying issues. Chances are, when we find ourselves lashing out or getting overly reactive, our reactions could be coming from a deeply wounded space. It's when we regress to the same child that's holding on to feeling powerless, insecure, unloved and overwhelmed.

Even though it may not be true that we are being abandoned, rejected or left behind in our adult life, we feel triggered into feeling the same way. Our day-to-day issues may be small to begin with, but when we are triggered, our unresolved pain rise to the surface. Invariably, our unresolved childhood wounds harm the relationships that we have.

What's Next?

- Read my book *Self-Love Practice: How to Love, Heal and Reparent Your Inner Child* which is available on Amazon.
- Work with a therapist or practitioner who is trained with both EFT tapping and inner child work, so that you can free yourself from the past and feel more empowered to take charge of the present.
- Use journaling as a complementary way to do inner work and for self-help. It's what the next exercise is about.



Using Photos to Evoke Memories

One way to go about connecting with your inner child is to use childhood photos as an aide for memory recall.

Our childhood photos evoke memories. Some good, some bad. The photos offer a snapshot of how it was like back then. Recalling old memories may trigger negative feelings of insecurity, rejection and “not good enough”. Using the childhood photos, we work on processing any unresolved pain and to internalize a change in beliefs, so that these no longer disrupt us today and going forward.

Exercise:

Holding the photo of your childhood, start to notice if they are generating positive or negative feelings.

If Your Photos Invoke Negative Feelings

If you feel uneasy about doing this on your own, definitely reach out for help with a trained therapist or practitioner. *Always undertake personal responsibility and enforce safety!*

On the other hand, if you believe that you can handle answering the following questions, go ahead and do the next journal exercise...





From one memory recall, what happened?

What feelings are coming up as I recall this event?

What were the thoughts and the beliefs I have created as a result of what took place?





In what ways have my thoughts, feelings and past experiences affected me till today?

.....

.....

.....

.....

.....

.....

.....

Holding on to the image of your inner child from the memory, connect with her and say...

“I see you. I hear you. I love you and I am here for you!”

You may even say...

“I’m so sorry that you are in pain. It wasn’t your fault. You are okay the way you are. You are safe.”

Offer the compassion to your inner child that you may not have received when you were younger. Assure your inner child with comforting and soothing words. On the next page, there are some suggestions on what you can say to your inner child.

Over the next few exercises, write letters to your inner child.



Healing Your Inner Child with Loving Words

Tick if it applies...

- I love you.
- You're important to me.
- I accept you just as the way you are.
- I'm proud of you.
- There is nothing wrong with you.
- You're smart and talented.
- You're so creative and hard-working.
- I'm sorry I ignored you.
- I'm so sorry that you had to grow up so fast.
- It's safe to feel what you feel.
- You can trust me to always take care of you.
- Let's have fun together.
- I'll see to it that we're both healthy.

Your Name





"Ultimately, what is important to realise is that the heart of self-love lies in loving, healing and reparenting your inner child.

You are addressing any unresolved needs for care, guidance and compassion. It's how you foster a deep connection from within. You love yourself unconditionally in every aspect of your being, including your inner child.

The more you practice unconditional self-love, the more wellness you gain."

~ Self-Love Practice: How to Love, Heal and Reparent Your Inner Child



SECTION A(5): SELF-GROWTH

Self-growth is the process of continually developing and improving oneself. It involves embracing personal challenges and learning experiences. Through self-growth, you build a stronger foundation of self-awareness and you are better able to align with your potential, leading to a happier and more fulfilling life.



*Self-love is the greatest investment you'll ever make.
The returns are life-changing!*

EXERCISE 33

REFRAME YOUR LIMITING BELIEFS

Identifying Limiting Core Beliefs

Core beliefs are fundamental ideas that you hold on to. They shape how you see yourself, others, and the world. These beliefs start forming early in life and come from things like how you were raised, what you've been through, and what you value. You may also have unconsciously adopted the beliefs of your parents and internalized them.

Core beliefs are the building blocks for how you understand the world, how you make choices, and how you relate to others. They cover areas like how you see yourself, how much you trust others, what success means to you, and what's right or wrong. Some of your beliefs are positive, while others may be limiting.


Core beliefs affect how you feel and act. When you let go of limiting core beliefs, your ability to undertake a changed behavior and action increases. It is how you can receive a different response from the world. That is why it is often said that, *mindset is everything!*

And so, if you want your life to improve or change positively, work on releasing limiting core beliefs. Let's identify what are the ones that have been keeping you stuck. Disputing any false limiting beliefs is a big part of self-discovery and improving your self-esteem and well-being.



Assessing How Strong Your Beliefs

Rate how true the belief feels for you, with 10 being absolutely true. Also, fill the blanks with other limiting core beliefs that you may have.

Tick if it applies	Core Belief	Score (_/10)
	I'm unlovable.	
	I am unworthy.	
	I'm not good enough.	
	I'm unwanted.	
	I don't matter.	
	I am defective or flawed.	
	I'm a failure.	
	I'm powerless.	
	The world is not safe.	
	It's not safe to be seen.	
	It's not safe to be heard.	
		

Reframing Your Limiting Beliefs

From the previous table, list the ones that feel most true for you and write down how you would reframe them.

Limiting Core Belief	New Belief or Thoughts that I'd Like to Adopt
Example: I'm a failure.	Failure is part of success. I am on the path to greater success.

P.S. Mindset is everything! Refer to the section on EFT Tapping to work on releasing your core limiting beliefs, so that you can integrate a set of more empowering ones.



EXERCISE 34

FUTURE SELF VISUALIZATION

Envision your future self as a beacon of love and practicing self-love daily. Steps:

1. Relax and close your eyes.
2. Imagine a time in the future when you are healed and your well-being is at its best.

What does your future self look and feel like?

What is the lifestyle of your future self like?

What are the positive beliefs that your future self hold?

What self-care habits does your future self engage in to nurture the sense of physical, mental, and emotional well-being?



EXERCISE 35

FUTURE SELF ALIGNMENT

This visualization takes about 5-10 minutes. Steps:

1. Review your journal answers about your future self.
2. Find a comfortable and quiet space to relax.
3. Close your eyes and bring attention to your breath.
4. See yourself walking into a time in the future.
5. Visualize your future self just right in front of you.
6. Merge with your future self, internalizing all the beliefs of self-love and confidence.
7. See what you see, hear what you hear and feel what you feel.
8. Visualize yourself as the future self, practising self-care activities and having healthy and positive habits.
9. Notice shifts in posture and inner strength.
10. Step out of your future self, with the awareness that the inner alignment process has already begun.
11. Feel a sense of gratitude for the change process that you are in.
12. Gently open your eyes and return to the present moment.
13. Journal about your experience in the next page.



EXERCISE 36

SELF-LOVE AFFIRMATIONS

I love and accept myself in every way.

I embrace the imperfect me.

I open my heart to loving myself.

I am in charge of my thoughts, emotions, and actions today.

I have what it takes to succeed.

I choose to say kind things to myself.

I am loved and I am lovable.



Adopt affirmations that resonates deeply with you and reflects the mindset or attitude you wish to embody throughout your day. Repeat them to yourself as part of your morning routine, perhaps during meditation, while getting ready, or whenever it feels most effective for you. This repetition can help focus your mind and set a positive intention for the day ahead.





Self-Love Affirmations

I can do this.

I'm enough.

I forgive myself for my mistakes.

I am worthy of love and support.

I am valid and valuable.

I am unique and beautiful.

I take charge of my own happiness.





My Self-Love Affirmations

A vertical stack of eight horizontal, rounded rectangular boxes, each intended for writing a self-love affirmation. The boxes are light gray with a subtle speckled texture and are connected by two vertical lines that resemble thick, braided rope. The top line forms a triangular shape with the starburst icon at its apex, and the bottom line ends near the hearts.



Believe in yourself. When you trust in your abilities and recognize your worth, you lay the foundation for self-love. This belief fuels your confidence and empowers you to face challenges with resilience. Self-love grows from this trust and acceptance, creating a positive cycle of inner growth and fulfillment.



EXERCISE 37

LOVING-KINDNESS MEDITATION

Steps

Begin by finding a comfortable position, sitting or lying down. Close your eyes gently and take a few deep breaths, allowing yourself to relax.

Now, bring to mind someone you love deeply, someone who fills your heart with warmth and joy. Picture their face, their smile, their essence. Feel the love you have for them in your heart.

As you hold this image in your mind, repeat silently or aloud:

May [name of the person] be happy.

May [name of the person] be healthy.

May [name of the person] be safe.

May [name of the person] live with ease.

Now, extend this loving-kindness to yourself. Bring your awareness to your own being, your body, mind, and spirit. Embrace yourself with love and compassion.

Repeat:

May I be happy.

May I be healthy.

May I be safe.

May I live with ease.

Now, bring to mind someone who has supported you or shown you kindness; perhaps a friend, family member or a mentor. Visualize them in your mind's eye.



Steps (con't)

Repeat:

May [name of the person] be happy.

May [name of the person] be healthy.

May [name of the person] be safe.

May [name of the person] live with ease.

Next, think of someone you have difficulties with or someone you may feel neutral towards. Hold them in your awareness, acknowledging their humanity.

Repeat:

May [name of the person] be happy.

May [name of the person] be healthy.

May [name of the person] be safe.

May [name of the person] live with ease.

Finally, expand your loving-kindness to all beings, everywhere. Imagine your love radiating out like rays of sunshine, embracing all living creatures.

Repeat:

May all beings be happy.

May all beings be healthy.

May all beings be safe.

May all beings live with ease.

Take a few moments to sit with the warmth and love in your heart, allowing it to permeate your being and extend out into the world. When you're ready, gently open your eyes and carry this loving-kindness with you throughout your day.

Tick if done:



EXERCISE 38

REARENT YOURSELF CHECKLIST

Reparenting yourself involves giving your inner child the love, support, and guidance you may have missed during your actual childhood. Nurture and validate your inner child's needs and emotions, offering compassion and care. Reparenting your inner child heals past wounds, promoting emotional growth and a healthier, more integrated sense of self.

Commitment for Reparenting:

- Stop shaming my inner child.
- Stop rejecting my inner child for her imperfections.
- Say encouraging things to my inner child.
- Practice self-soothing techniques.
- Do healing work for my wounded inner child.
- Accept my inner child unconditionally.
- Set healthy boundaries.
- Give my inner child the permission to play.

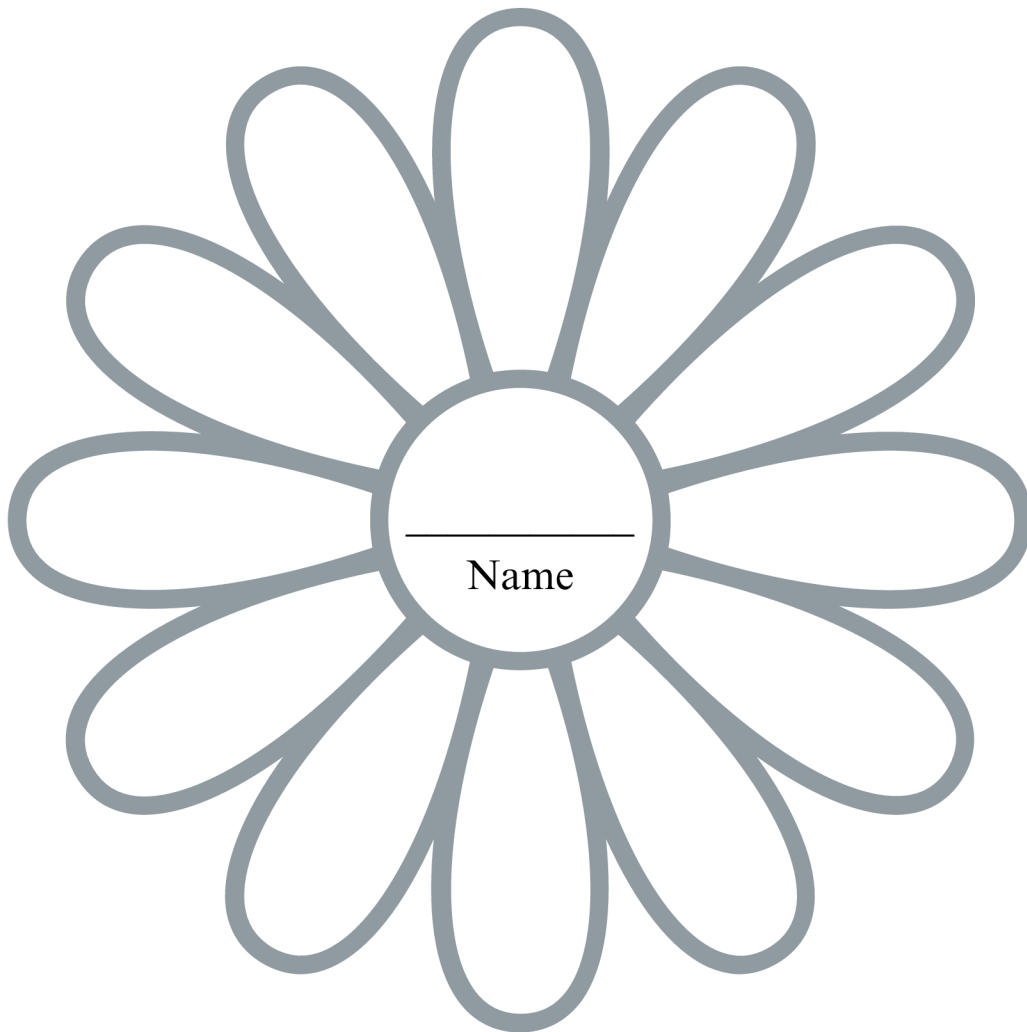
Your Name



EXERCISE 39

I LOVE ME!

Write words in the petals to describe yourself and why you are so awesome in order to support your growth.



EXERCISE 40

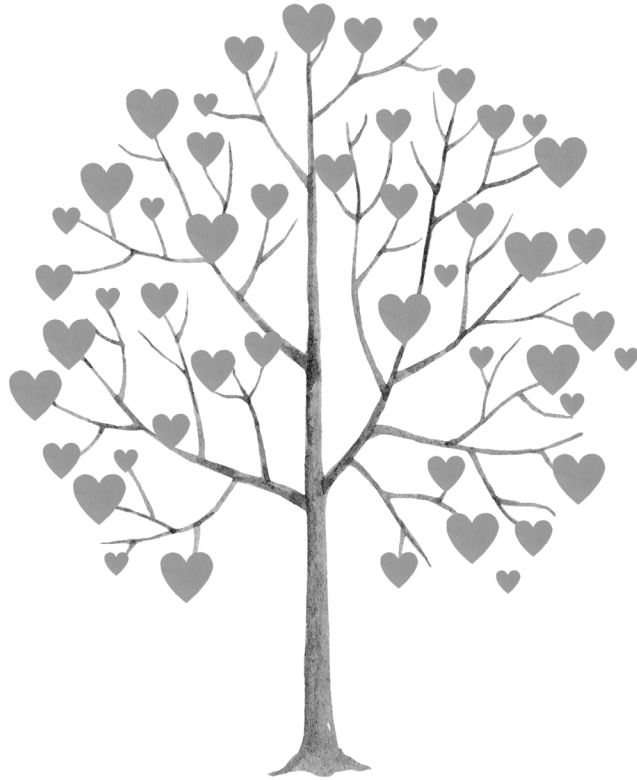
GIFT YOURSELF FLOWERS

Congratulations, you've made it this far! Celebrate with a gift of flowers. As you color this image, think about the ways where you have grown with loving yourself. Celebrate your journey and the person you are becoming!



SECTION B

Daily Self-Love



Unconditional self-love is a daily practice of mindfulness, acceptance, and compassion. It usually doesn't happen overnight. In most cases, it requires ongoing cultivation - whereby you tend to your inner garden. By weeding away self-criticism and nourishing your inner self with love consistently, you build habits that transform your entire well-being.

DAILY SELF-LOVE TRACKER

DATE:

● ● ● ● ● ● ●
S M T W T F S

WATER BALANCE



HOURS OF SLEEP



SELF-CARE: BODY

- Eat healthy meals for the day.
- Take short breaks.
- Physical exercise.
- Others:

SELF-ACCEPTANCE

- Body scan.
- Mirror exercise.
- Affirm self-acceptance.
- Others:



SELF-RESPONSIBILITY

- Enforce healthy boundaries.
- Stick to my schedule and plans.
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SELF-CARE: GRATITUDE

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- I'm thankful for life's simple pleasures.
- I'm grateful for new opportunities.
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SELF-THERAPY: THOUGHTS AND FEELINGS

- Embrace and process my feelings.
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- Others:

SELF-GROWTH

- Reframe my beliefs:
- Positive affirmation:
- Growth activities:

Today's Self-Love Meter



(Score: __/10)

DAILY SELF-LOVE TRACKER

DATE:



WATER BALANCE



HOURS OF SLEEP



SELF-CARE: BODY

- Eat healthy meals for the day.
- Take short breaks.
- Physical exercise.
- Others:

SELF-ACCEPTANCE

- Body scan.
- Mirror exercise.
- Affirm self-acceptance.
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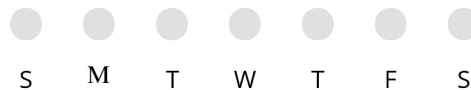
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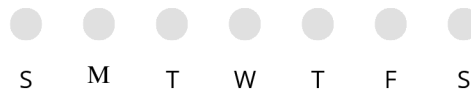
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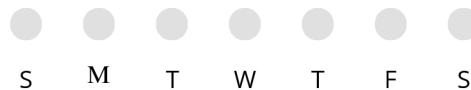
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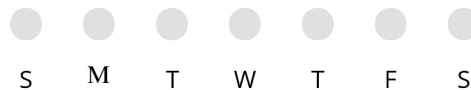
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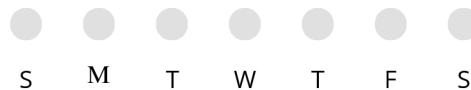
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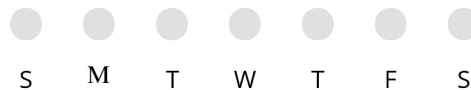
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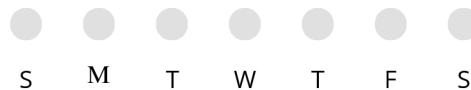
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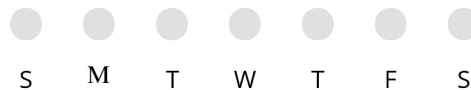
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- Others:



SELF-CARE: GRATITUDE

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- I'm grateful for the support of my loved ones.
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- I'm grateful for new opportunities.
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SELF-THERAPY: THOUGHTS AND FEELINGS

- Embrace and process my feelings.
- Connect with my inner child / release the past.
- Observe my self-talk with no judgment.
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SELF-GROWTH

- Reframe my beliefs:
- Positive affirmation:
- Growth activities:

Today's Self-Love Meter



(Score: __/10)

DAILY SELF-LOVE TRACKER

DATE:



WATER BALANCE



HOURS OF SLEEP



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- Take short breaks.
- Physical exercise.
- Others:

SELF-ACCEPTANCE

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- Mirror exercise.
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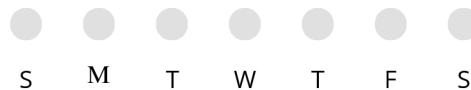
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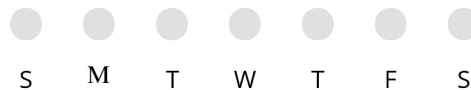
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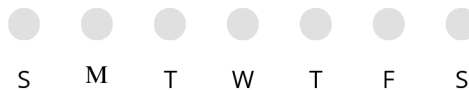
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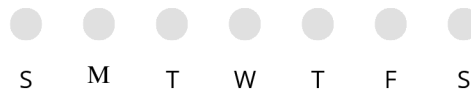
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WEEKLY SELF-LOVE

Here's a weekly checklist for practising Self-Love. Put a tick against the box.

WEEK

Give myself time to play.	Read a good book.	Work with a coach or therapist.	Do EFT tapping.
Give myself the space to be creative e.g. paint.	Listen to a song about self-love.	Write a letter to my inner child.	Attend a personal growth class.
Encourage myself.	Meditate.	Honor my commitments.	Sing and/or dance.
Spend time with friends.	Journal my thoughts and feelings.	Take a walk in nature.	Adopt healthy self-care habits.
Exercise.	Say "no" and set boundaries.	Attend to my goals.	Write a letter to my past self.



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Review and Reflection

Review what has taken place since you started on this workbook. Flip through the pages and read what you have written. Reflect on how far you have come and express gratitude for the lessons learned.

Today's date / /

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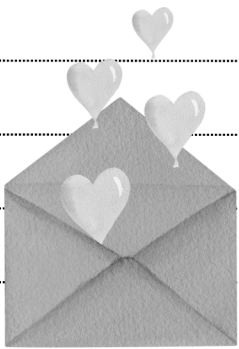
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About the Creator of this workbook

Hi there, my name is Evelyn Lim. As a Transformation Life Coach, I specialise in helping women shift from anxiety and insecurity to cultivating self-love, authentic confidence and inner acceptance.

I've enjoyed creating and designing this workbook that is based on proven evidence-based techniques. It's my intent to publish a low-cost workbook so that more people can benefit from practising unconditional self-love on a daily basis. And so, if you've found value from this workbook, I'd greatly appreciate your review on Amazon :)

I am also the author to *Self-Love Practice: How to Love, Heal and Reparent Your Inner Child* as well as other books. Apart from work, I enjoy spending time with my family. I'm a mother to two lovely girls and we reside in Singapore.

If you require personal assistance on overcoming self-love challenges, let's get on an initial call together to discuss your needs. Contact me at <https://evelynlim.com/discovery-call>.

Or, find me online at:

 <https://evelynlim.com>

 <https://facebook.com/evelynlimcoach>

 <https://instagram.com/evelynlimcoach>

