

Self-Love Worksheet

List 5 physical traits you love about yourself & List 5 personality traits you love about yourself:

Describe how you can be kinder to yourself each day. It might help to also reflect on the ways you are unkind to yourself in order to find a solution.

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List 5 ways you can pamper yourself and show yourself some love, regularly:

Reflect on some more difficult self-care activities that you have been neglecting. How can you try to incorporate them into your schedule? Self-love involves doing hard things sometimes. (e.g., taking care of health, cleaning, etc.).