

Self-Love

Work Sheet

Goal #1: Self-Acceptance

Self-love is not vain or self-absorbed. It is being mindful of one's own happiness and well being. It's not just a concept, but a feeling. You will have to practice it to get better at it. Your self-love journey is just that, yours. The first goal we will set is self-acceptance. In order to accept yourself, you need to know yourself. Take time to get to know you. Start small and be patient.

List 5 things you love about yourself.

1. _____
2. _____
3. _____
4. _____
5. _____

What do you like to do for fun?

What things are important to you?

Answer the question: Who am I?

Write how you feel about yourself at the moment.

Name 3 strengths.

1. _____
2. _____
3. _____

Name 3 weaknesses:

1. _____
2. _____
3. _____

Draw here where you see yourself in 5 years:

