

# worksheet

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INCREASE YOUR SELF-LOVE EXERCISES

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# **“You have to love yourself before you can love someone else.”**

Remembering positive things about yourself can boost your mood and nourish your soul. It helps you know what you should do to make yourself feel happy and loved.

Recalling your good attributes, strengths, and accomplishments can build your self-esteem and confidence.

Reminding what you are grateful for can boost your positive thinking and puts your life in perspective.

## **Tips and suggestions to boost your self-love:**

Start your day by looking at yourself in the mirror and saying, “I love you”.

At the end of the end repeat the ritual saying “I love you because you are worth it”.

Spend at least 30 minutes a day doing something just for yourself - something that makes you feel happy and nourishes your soul. Write down what you did in a journal and include how it made you feel.

Note: You may use this worksheet periodically or whenever you feel you need a shot in the arm. It will act as an instant pick-me-up.

**Write 10 things you love about yourself**

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

**Write 10 things positive words to describe you**

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

**Write 10 of your accomplishments (big or small)**

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

**Write 10 people/things you are grateful for**

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

**Write 5 compliments you have received**

1.

2.

3.

4.

5.

**Write 5 things you have forgiven yourself**

1.

2.

3.

4.

5.

**Write 5 challenges you have overcome**

1.

2.

3.

4.

5.

**Write 5 qualities that make you unique**

1.

2.

3.

4.

5.

**Identify one personality trait in you that you are proud of. Why?**

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**How did the day turn out for you today?**

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**What was today's highlight?**

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**How do you feel today?**

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**How would you like to think of yourself today?**

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**What would you like to do today if you can do anything you want?**

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**How would you compare your needs and desires with that of people you care for?**

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**Do you think you need to learn to say “no” more often? Why and where?**

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**Do you think loving yourself more can boost your self-belief, self-worth, and confidence?**

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**What are you doing now to take care of your emotional wellbeing?**

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**What would you do to practice self-love?**

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**What would you like to do more to help you love yourself better?**

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