

A SELF-LOVE LETTER

Self-love is the foundation of wellness. It motivates us to make healthier decisions and take better care of ourselves.

I deserve kindness

I am a gift

What I love most about myself is (traits, strengths, special talents)

[Empty rounded rectangular box for writing]

Today, I am really loving this about myself...

[Empty rounded rectangular box for writing]

Consider some imperfections.
Write about how they contribute to your character.

[Empty rounded rectangular box for writing]

Give yourself 3 genuine compliments

[Empty rounded rectangular box for writing]

I've come so far

I am proud of myself

I am beautiful

I am powerful