

Self Love PLANNER

Power Within Counseling & Consultation

SELF LOVE CHECKLIST

One way to stay on track with your self-love is to use a daily checklist. This checklist will help you to nurture your self-love on a daily basis. Feel free to add any new ideas you might have. Plus, there may be additional things that you might want to do on a weekly basis, such as doing something that makes you like yourself more.

- List five things that fill me gratitude.
- List five things that I like about myself.
- Read on the topic of self-love or self-esteem for 15 minutes.
- Eat a healthy breakfast.
- Eat a healthy lunch.
- Eat a healthy dinner.
- Exercise for 20 minutes.
- Repeat affirmations at least twice.
- Send myself a quick self-love message.
- Make a request of someone.
- Declutter a room for 10 minutes.
- De-stress for at least 15 minutes.
- Spend time doing something I love.
- Write in journal for 10 minutes.
- Do something that needs to be done.

Use this checklist each day until you get into the habit of doing things that make you feel good about yourself throughout the day. Enjoy this journey and see your self-love grow!

SELF LOVE CHECKLIST

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MINDFULNESS JOURNAL

HOW I'M FEELING TODAY:

ONE GOAL FOR TODAY:

I'M PROUD OF MYSELF
FOR:

WEEKLY REFLECTION

Things that made me happy this week

Things that were hard or stressful this week

How can my past experiences help me in the future

DAILY REFLECTION

Good things that happened today

Things that were hard or stressful today

What can I do to make tomorrow great

THE HAPPY LIST

WRITE DOWN ACTIVITIES THAT WILL MAKE YOU FEEL HAPPY

THOUGHTS TRACKER

SITUATION

THOUGHT

NEW THOUGHT

GRATITUDE JOURNAL

TODAY I'M GRATEFUL
FOR

PEOPLE I'M GRATEFUL FOR

ONE LESSON I
LEARNED

LETTER OF FORGIVENESS

I FORGIVE MYSELF FOR

NEXT TIME I WILL

SELF-ESTEEM JOURNAL

I love about myself



Others say I'm good at



What's unique about me



MOOD TRACKER

WEEK OF

I FEEL

M

T

W

T

F

S

SU

HAPPY

SAD

EXCITED

ANGRY

RELAXED

TIRED

ACTIVE

AVERAGE

INSECURE

CONTENT

SELF-CARE PLANNER

WRITE DOWN YOUR SELF-CARE ACTIONS

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

WATER LOG

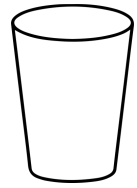
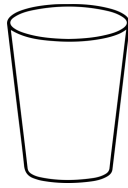
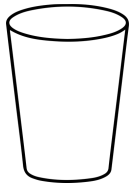
WEEK 1

WEEK 2

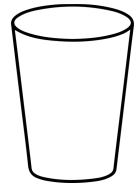
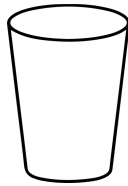
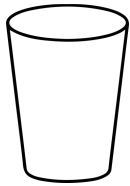
WEEK 3

WEEK 4

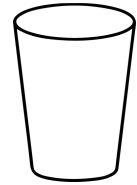
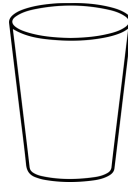
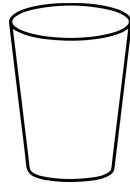
MON



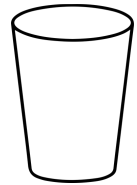
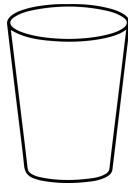
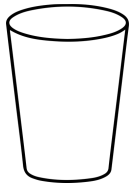
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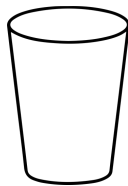
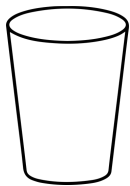
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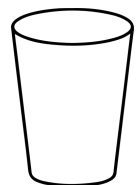
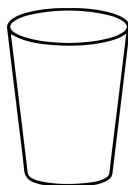
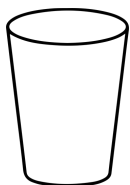
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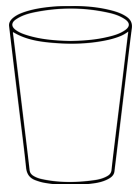
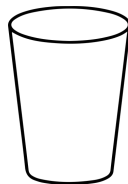
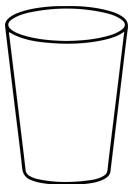
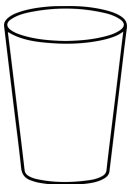
FRI



SAT

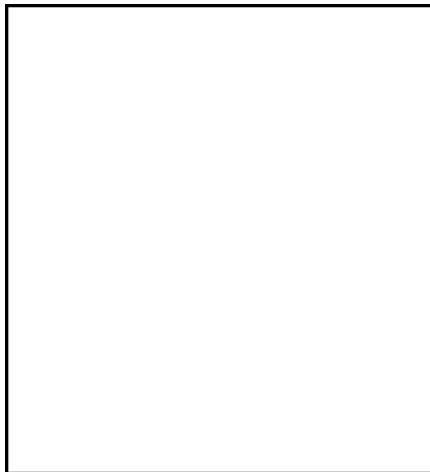
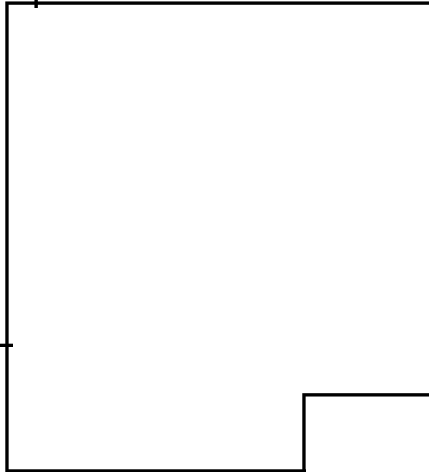
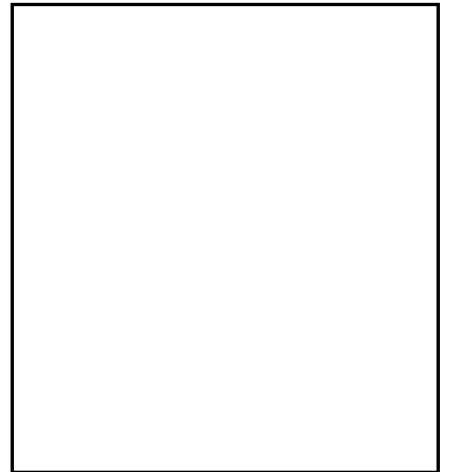
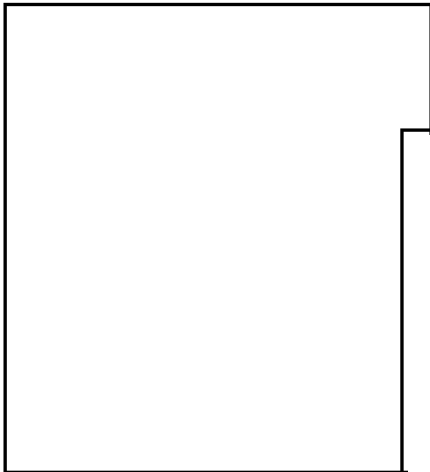
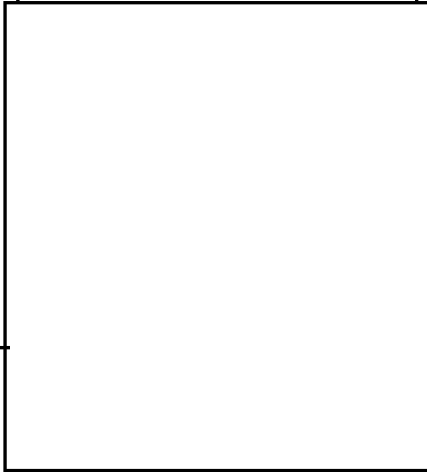
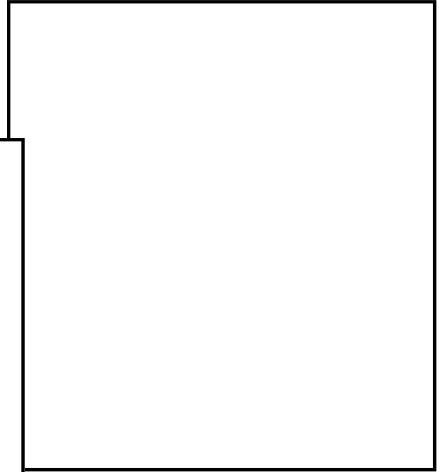
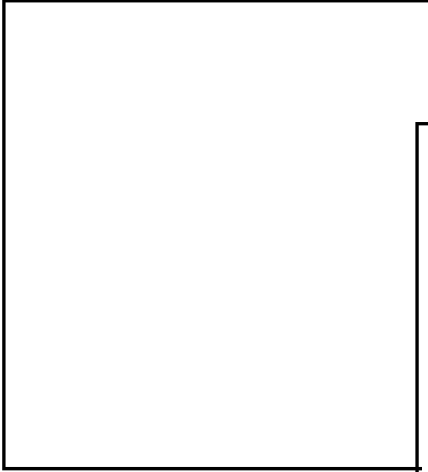


SUN



UN-DO LIST

WRITE DOWN THINGS YOU WANT TO STOP DOING



BRAIN DUMP

WRITE EVERY LITTLE THING THAT COMES TO YOUR MIND

PERSONAL

WORK/HOME

I'D LIKE TO LEARN

SELF-LOVE LIST

FAVORITE
AFFIRMATIONS

COMPLIMENTS TO
MYSELF

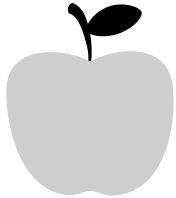
I'M PROUD OF

MY SLEEP TRACKER

Date	Hours	Notes
1	1 2 3 4 5 6 7 8 9 10 11 12	
2	1 2 3 4 5 6 7 8 9 10 11 12	
3	1 2 3 4 5 6 7 8 9 10 11 12	
4	1 2 3 4 5 6 7 8 9 10 11 12	
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29	1 2 3 4 5 6 7 8 9 10 11 12	
30	1 2 3 4 5 6 7 8 9 10 11 12	
31	1 2 3 4 5 6 7 8 9 10 11 12	

SELF-CARE ROUTINE

Body and health



Relationship
with other



Rest and relaxation

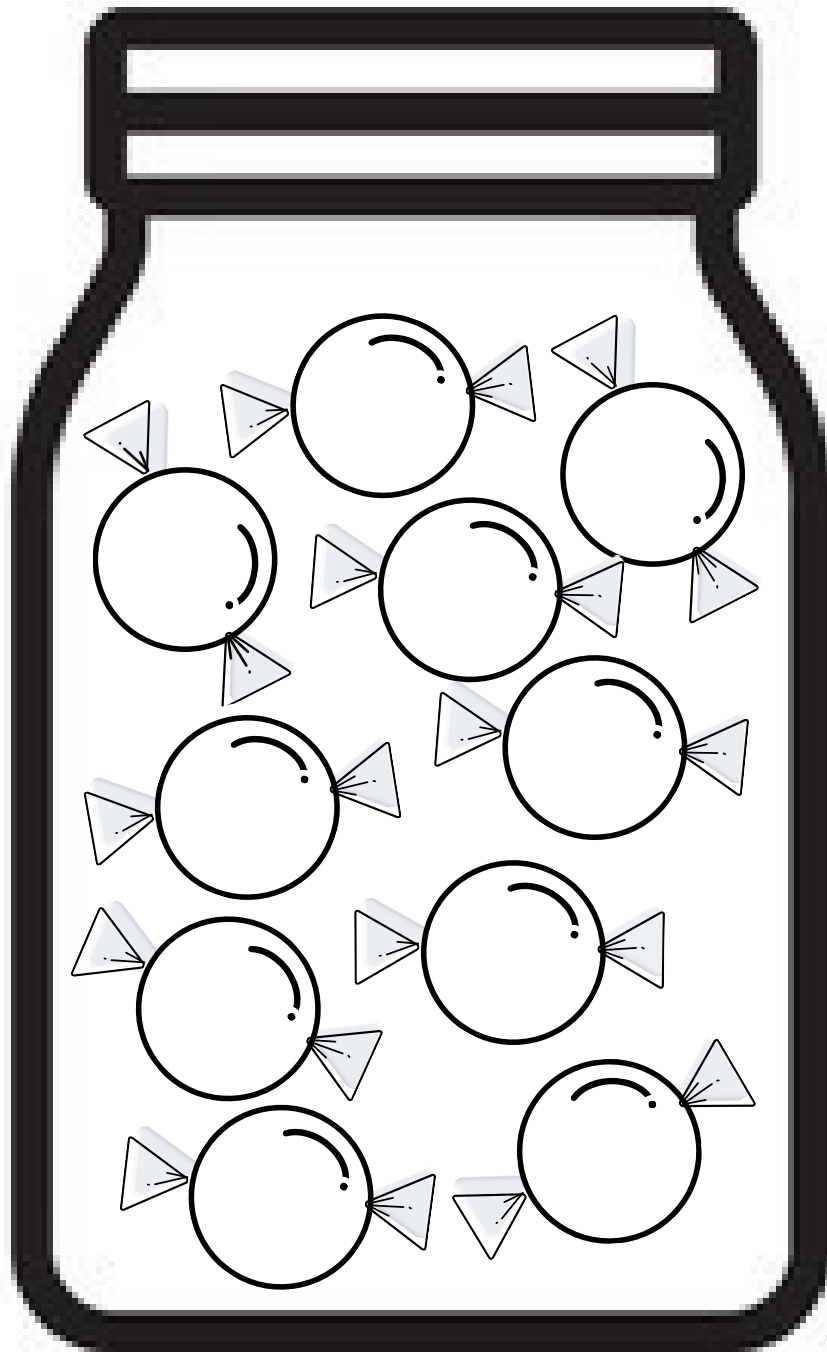


Soul and
inner growth



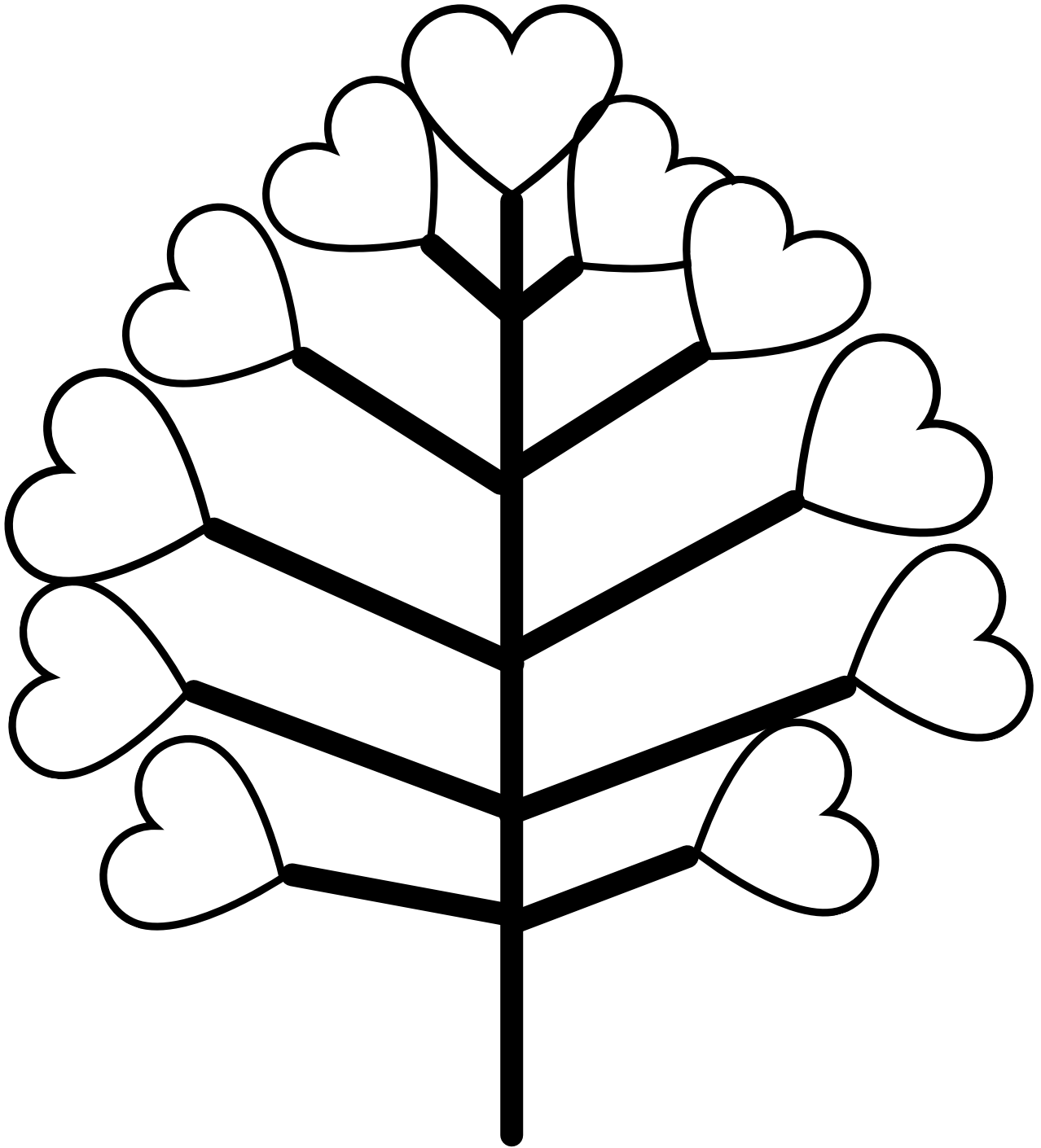
SELF-CARE JAR

WRITE DOWN YOUR SELF-CARE IDEAS AND COLOR IN EACH CANDY
WHEN GOALS ARE REACHED



SELF-LOVE TREE

START GROWING YOUR SELF-LOVE TREE BY ADDING THINGS YOU LOVE ABOUT YOURSELF TO EACH HEART AND COLORING IT IN



COMPLETE SELF MAKEOVER

Enhancing your self-concept will enhance your ability to compete in the world and achieve success. You also gain the added benefit of feeling good about yourself and your life. A self-concept can either be limiting or uplifting.

1. What are the limiting beliefs I hold that were created through past experiences?

2. Are these limiting beliefs valid? Where did they come from? Is it possible I interpreted the situation incorrectly?

3. How is my current life limiting my beliefs about myself, my capabilities, and my ability to control my future and my environment?

COMPLETE SELF MAKEOVER

4. What changes do I need to make to my finances, health, and social life to support a more effective self-concept?

5. Who do I want to become? Who do I admire?

6. How would I rate my self-esteem? What are the biggest barriers to feeling better about myself and what can I do to overcome those barriers?

NOTES
