



Self-Love Worksheet

Self-love is the foundation of confidence, happiness, and well-being. It involves treating yourself with kindness, accepting your imperfections, and valuing your unique qualities. This worksheet will guide you through exercises to cultivate and strengthen self-love.

Step 1: Reflect on Your Relationship with Yourself

1. How do you currently feel about yourself? (e.g., proud, critical, indifferent)

○ _____

2. What words or phrases do you often use to describe yourself?

○ _____

3. Are these words mostly positive, neutral, or negative? Why?

○ _____

Step 2: Identify Your Strengths and Qualities

1. List 5 things you love about yourself:

○ 1: _____

○ 2: _____

○ 3: _____

○ 4: _____

○ 5: _____

2. What are some achievements, big or small, that you're proud of?

○ _____

3. How do your strengths and qualities help you in daily life?

○ _____



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Step 3: Practice Self-Compassion

1. Think of a recent moment when you were hard on yourself. Describe the situation:

○ _____

2. What would you say to a friend in the same situation to comfort and support them?

○ _____

3. Now, write a kind and supportive message to yourself about this situation:

○ _____

Step 4: Engage in Self-Care

1. What activities make you feel cared for and happy? (e.g., reading, taking a bath, spending time in nature)

○ _____

2. Choose 3 self-care activities you will commit to this week:

○ Activity 1: _____

○ Activity 2: _____

○ Activity 3: _____

3. When will you make time for these activities?

○ _____

Step 5: Build Positive Affirmations

1. Write 3 affirmations that celebrate your unique qualities and worth:

○ Affirmation 1: _____

○ Affirmation 2: _____



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- Affirmation 3: _____
- 2. Repeat these affirmations to yourself daily, especially in moments of doubt or stress.

Step 6: Strengthen Boundaries

- 1. Reflect on areas of your life where you've felt drained or taken advantage of:

○ _____

- 2. What boundaries can you set to protect your energy and prioritize your well-being?

○ _____

- 3. How will you communicate these boundaries to others?

○ _____

Step 7: Reflect on Progress

- 1. What positive changes have you noticed as you practice self-love?

○ _____

- 2. How do you plan to continue nurturing self-love in your life?

○ _____

Closing Thought Self-love is a journey, not a destination. By consistently practicing kindness, self-care, and compassion, you deepen your relationship with yourself and unlock greater joy and confidence.

Reminder: You are deserving of love and appreciation, just as you are.