

30 DAYS TO

Greater Self-Love

*Love Yourself Unconditionally
and Nurture Your Self-Worth*

Worksheet

30 DAYS TO Greater Self-Love

WORKSHEET

It's important to make your own well-being one of your top priorities. Most of us treat ourselves quite poorly. We berate ourselves and put everyone else's needs above our own. We judge ourselves with unfair criteria, and then feel bad about failing to live up to it.

A 30-day challenge can be an effective way to learn to love and appreciate yourself.

Answer these questions to gain a better perspective of how you can strengthen your self-love.

1. How do I determine my self-worth? Is that fair?

2. In what ways do I treat my close friends better than I treat myself?

3. In what ways do I treat strangers that I encounter throughout the day better than I treat myself?

4. What are five things that I think everyone should be able to do that I currently cannot?

5. What are three different options for regular exercise that I would enjoy?

6. What are three things that I enjoy doing? How can I add time to do these things into my schedule?

7. What do I admire most about my body?

8. What are 10 things in my life that make me feel lucky and grateful?

9. What are the common qualities of those I admire the most?

10. What makes me feel good about myself? How can I bring more of this into my life?