SELF-LOVE & ACCEPTANCE

A WORKSHEET GUIDE

Work on loving and accepting who you truly are with this worksheet guide
WHAT IS SELF-LOVE & SELF-ACCEPTANCE?

Self-love is the act of fully accepting who you are, treating yourself with respect and guidance, and nurturing your growth and overall well-being.

Self-love is being compassionate to yourself and being your best friend. It encompasses how you treat yourself as well as how you feel about yourself.

Self-love is being able to see your self-worth and value and not let it waiver by anyone.

Self-acceptance is the acceptance of self. You are aware of your strengths, weaknesses, worth, feelings, deficiencies, and past behaviors, but still accept ALL of who you are.

You accept who you genuinely are as a person - your values, beliefs, worth, and needs. Accepting who you are, leaves little room for criticism. It brings clarity to your life, and it gives you the ability to make progress.
I love myself today because...

6 things I love about myself:
Really think about it to the core

1. ____________________________
2. ____________________________
3. ____________________________
4. ____________________________
5. ____________________________
6. ____________________________

6 things I am grateful for:
Think about it to the core

1. ____________________________
2. ____________________________
3. ____________________________
4. ____________________________
5. ____________________________
6. ____________________________
My strengths and weaknesses

Your weakness is subjective and does not mean something is wrong. Don’t obsess over your flaws. Embracing your weaknesses will allow you to grow and develop more strengths. Write out at many as you can.

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<th>Strengths</th>
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Embrace your ‘weaknesses’

Hidden in your weaknesses are your strengths. Every weakness has a corresponding strength. Change is difficult and very often we try to eliminate our weaknesses. Instead of eliminating, embrace them for what they are. With the weaknesses listed above write out your corresponding strengths. Be creative!

For example:
Stubborn - dedicated
Weak - humbled
Boring - responsible
Indecisive - patient
Shy - reflective

My corresponding strengths

•
•
•
•
•
•
•

3 things I have learned recently about myself

1. __________________________________________________________
2. __________________________________________________________
3. __________________________________________________________
4 things I value the most

1. _____________________________________________________________________
2. _____________________________________________________________________
3. _____________________________________________________________________
4. _____________________________________________________________________

4 things I can do to treat myself

1. _____________________________________________________________________
2. _____________________________________________________________________
3. _____________________________________________________________________
4. _____________________________________________________________________

3 positive feelings I want to embrace today

1. _____________________________________________________________________
2. _____________________________________________________________________
3. _____________________________________________________________________

3 things I feel most proud of

1. _____________________________________________________________________
2. _____________________________________________________________________
3. _____________________________________________________________________
Self-Love & Self-Acceptance Affirmations

Affirmations are positive statements that challenge you to overcome negative thoughts. When you repeat them often and believe in them, you can make a positive change.

Steps:
   a. Say the statement
   b. Believe in the statement that you are saying.
   c. Speak your affirmations daily with intent, confidence and power!

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<tr>
<th>Self-Love Affirmations</th>
<th>Self-Acceptance Affirmations</th>
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<tr>
<td>- I love myself because I am good enough</td>
<td>- Being who I truly am, is my divine right</td>
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<td>- Today, I am choosing me</td>
<td>- I value who I am and I am worth it</td>
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<td>- I am worthy of love</td>
<td>- I am learning to love myself more and more each day</td>
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<td>- I feel proud of myself</td>
<td>- I am not my past or present. I am who I choose to be</td>
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<td>- I am strong and I am in control</td>
<td>- I accept all of me, flaws and all</td>
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<td>- I matter. Today I will be open to learning and growing</td>
<td>- My strengths &amp; weaknesses makes me unique</td>
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<td>- I am whole</td>
<td>- Who I am is enough</td>
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<td>- I am blessed and I am kind</td>
<td>- I release the need to prove myself to anyone</td>
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<td>- I love who I am inside and out</td>
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<td>- I forgive myself</td>
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<td>- I honor myself</td>
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6 daily habits I can do to boost my happiness

1. ________________________________________________________
2. ________________________________________________________
3. ________________________________________________________
4. ________________________________________________________
5. ________________________________________________________

A Love note to myself

______________________________________________________
______________________________________________________
______________________________________________________
______________________________________________________
______________________________________________________