

LOVING MYSELF

Self-Love & Acceptance

A Worksheet Guide

WHAT IS SELF-LOVE?

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.

WHAT IS SELF-ACCEPTANCE?

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:

Really think about it to the core

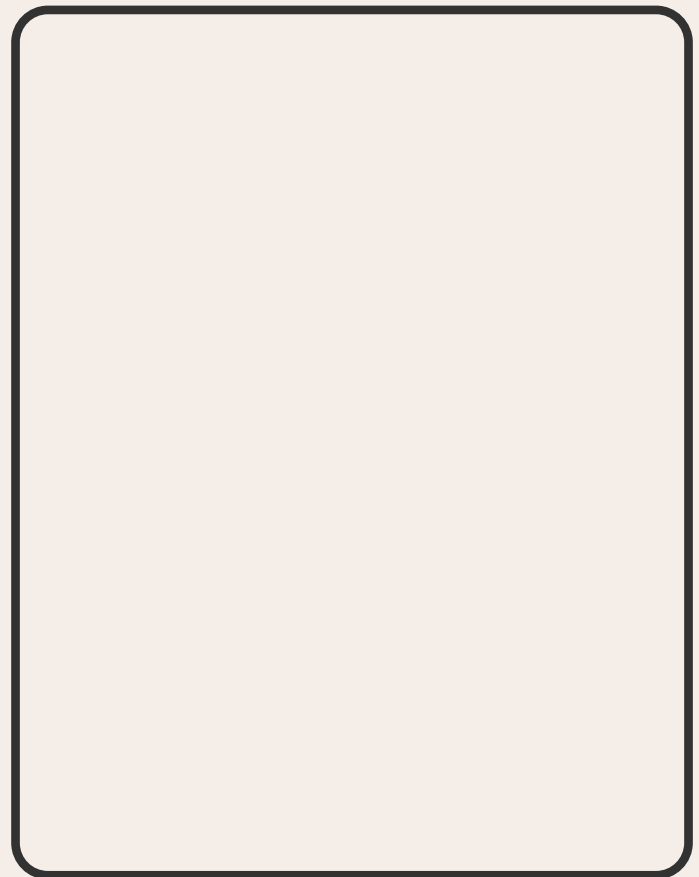
- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

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.

STRENGTHS

WEAKNESSES



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 CORESSponding STRENGTHS

-
-
-
-
-
-
-
-

4 THINGS I VALUE 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.
- 4.

SELF-LOVE AFFIRMATIONS

- I love myself because I am good enough
- Today, I am choosing me
- I am worthy of love
- I feel proud of myself
- I am strong and I am in control
- I matter. Today I will be open to learning and growing
- I am whole
- I am blessed
- I am kind
- I love who I am inside and out
- I forgive myself
- I honor myself

SELF-ACCEPTANCE AFFIRMATIONS

- Being who I truly am, is my divine right
- I value who I am
- I am worth it
- I am learning to love myself more and more each day
- I am not my past or present. I am who I choose to be
- I accept all of me, flaws and all
- My strengths & weaknesses makes me unique
- Who I am is enough
- I release the need to prove myself to anyone

6 DAILY HABITS I CAN TO DO BOOST MY HAPPINESS:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

TODAY I AM ACCEPTING MYSELF BY:

