



Self Love

WORKBOOK

Self Care Is Self Love * Self Care Is Self Love



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Self Care Planner

My Morning Routine

My Evening Routine

MY MEALS	TIME	WATER
BREAKFAST		
LUNCH		
DINNER		
SNACK		






MY PRIORITIES
<input type="checkbox"/>
<input type="checkbox"/>
<input type="checkbox"/>

MY SCHEDULE

HEALTH SELF-CARE

FITNESS SELF-CARE

NOTES TO SELF

MY MOOD TODAY
    

Daily Self Care

My Top Priorities

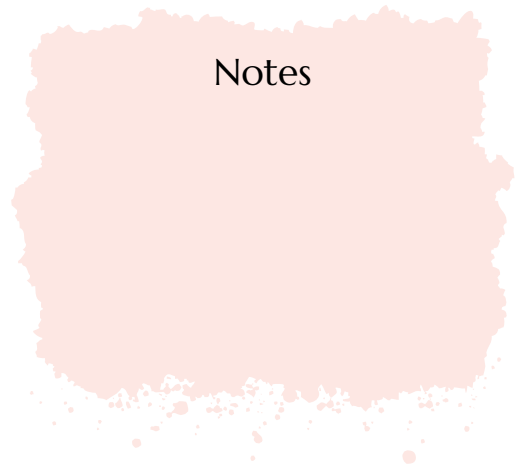
Self Care

SCHEDULE	

Nutrition

Daily Affirmation

Notes



Self Care Calendar

MON	TUE	WED	THU	FRI	SAT	SUN

NOTES

Self Care Ideas

BASIC

PHYSICAL

EMOTIONAL

SPIRITUAL

NOTES

Mood Tracker

Jan	Feb	Mar	Apr	May	Jun	Jul	Aug	Sep	Oct	Nov	Dec

Key

Note

Self - Love List

FAVORITE AFFIRMATIONS

COMPLIMENTS TO MYSELF

I'M PROUD OF

Self-Esteem Journal

I LOVE ABOUT MYSELF



OTHERS SAY I'M GOOD AT

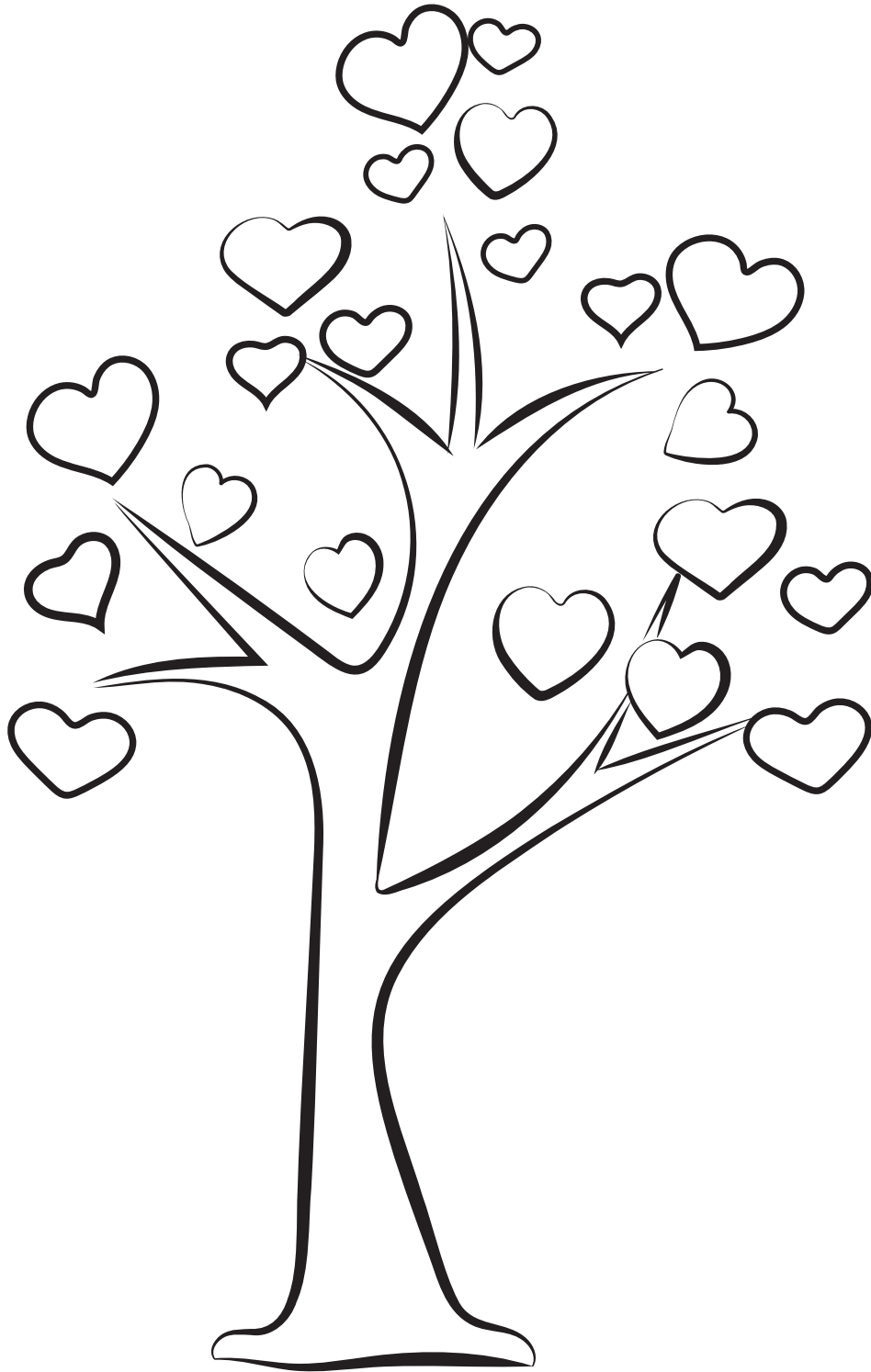


WHAT'S UNIQUE ABOUT ME



Self Love Tree

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



Self Care Jar

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



Self talk

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

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

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

