

FREE SELF LOVE WORKBOOK



Includes Self-Love Journal Prompts to make
you love yourself more.

30DAYSCHALLENGE.ORG



DAY 1 SELF LOVE WORKSHEET

- 1. Write down three compliments about your personality, looks, or anything you like about yourself!**

Examples of Compliments:

- 1. I am a great listener. I always pay attention to my friends problems, and patiently help them sort out their thoughts.*
- 2. I am a loving person, who always goes out of their way to help others.*
- 3. I am good at problem solving and figuring out solutions to problems.*

Write your three compliments below.



DAY 2 SELF LOVE WORKSHEET

- 2 Spend the next 30 minutes writing a love letter from your inner child to yourself.



DAY 3 SELF LOVE WORKSHEET

3. Find and draw a picture of something which represents love to you. Examples include rose, dove or heart.



DAY 4 SELF LOVE WORKSHEET

4 Practice Self Care Day. This includes Listening to music, Going to bed early. Eating your favorite chocolate.



WHAT ARE YOUR SELF CARE IDEAS?



DAY 5 SELF LOVE WORKSHEET

5 Look at all the things in life you are blessed with. Appreciate those blessings in your life. What are 5 things you are Grateful for today?



I AM
grateful
FOR