FREE SELF LOVE WORKBOOK

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

30DAYSCHALLENGE.ORG



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

Examples of Compliments:

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

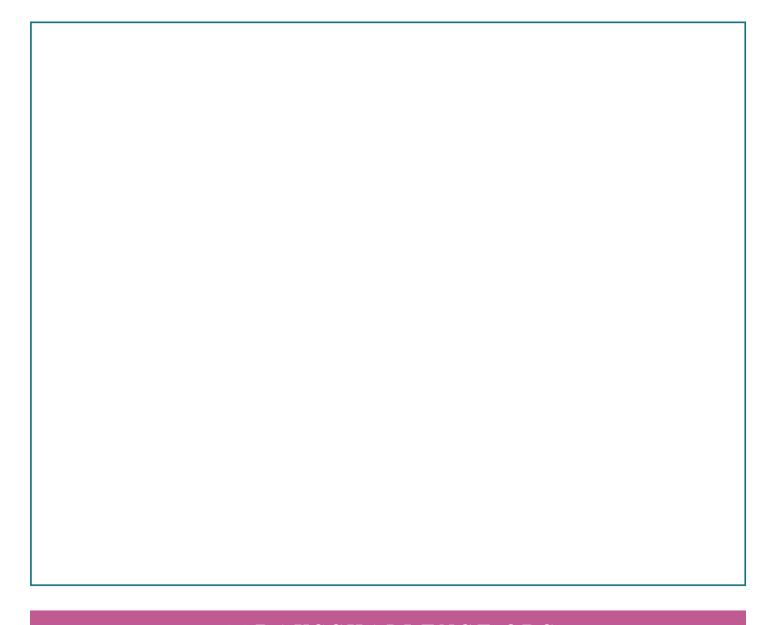
Write your three compliments below.



2	Spend the next 30 minutes writing a love letter from your innechild to to yourself.	er

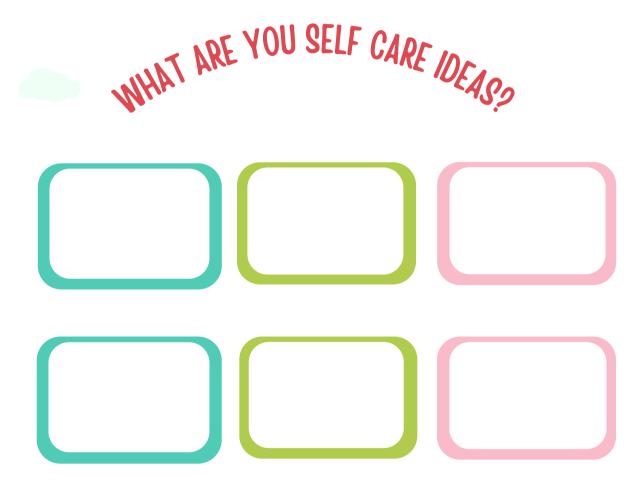


3	Find and draw a picture of something which represents love to
O .	you. Examples include rose, dove or heart.





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





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?

