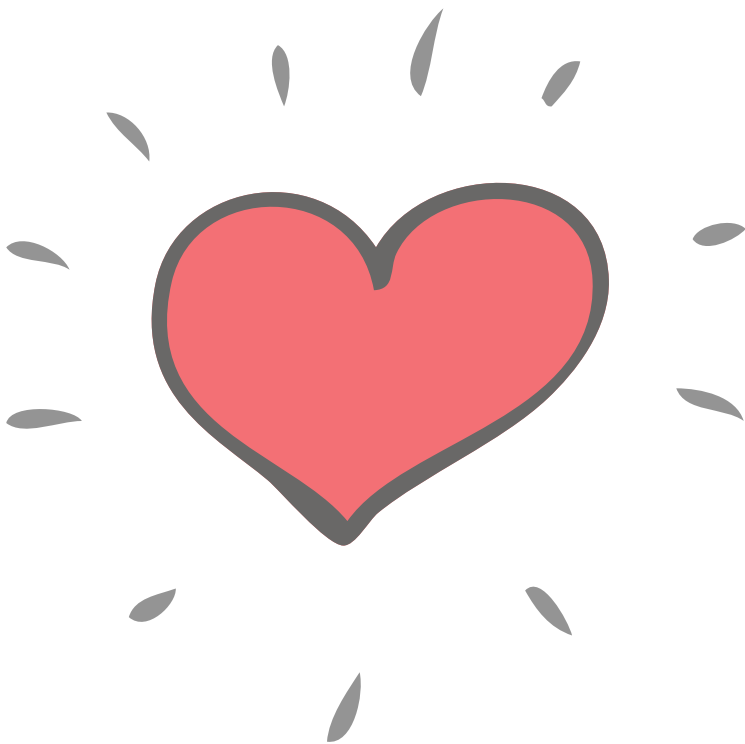
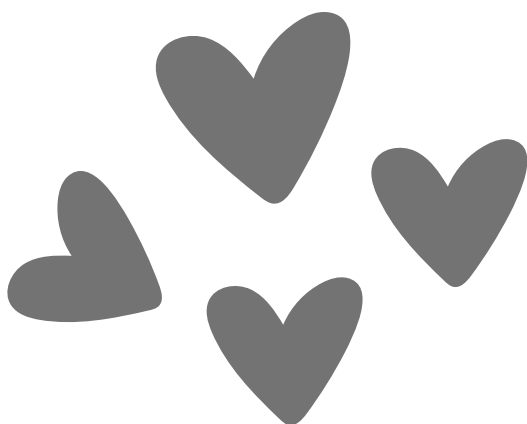


Self Love Workbook





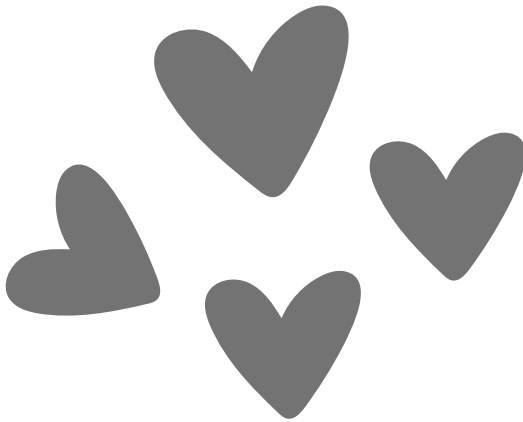
This book belongs to:

.....

.....

.....

Self-love quiz

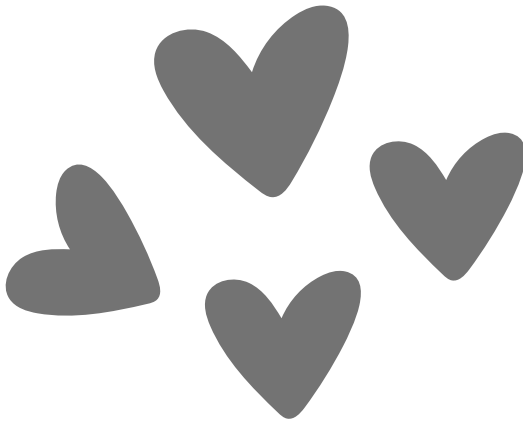


Self-lofe quiz

Answer the following question to assess your self- love:

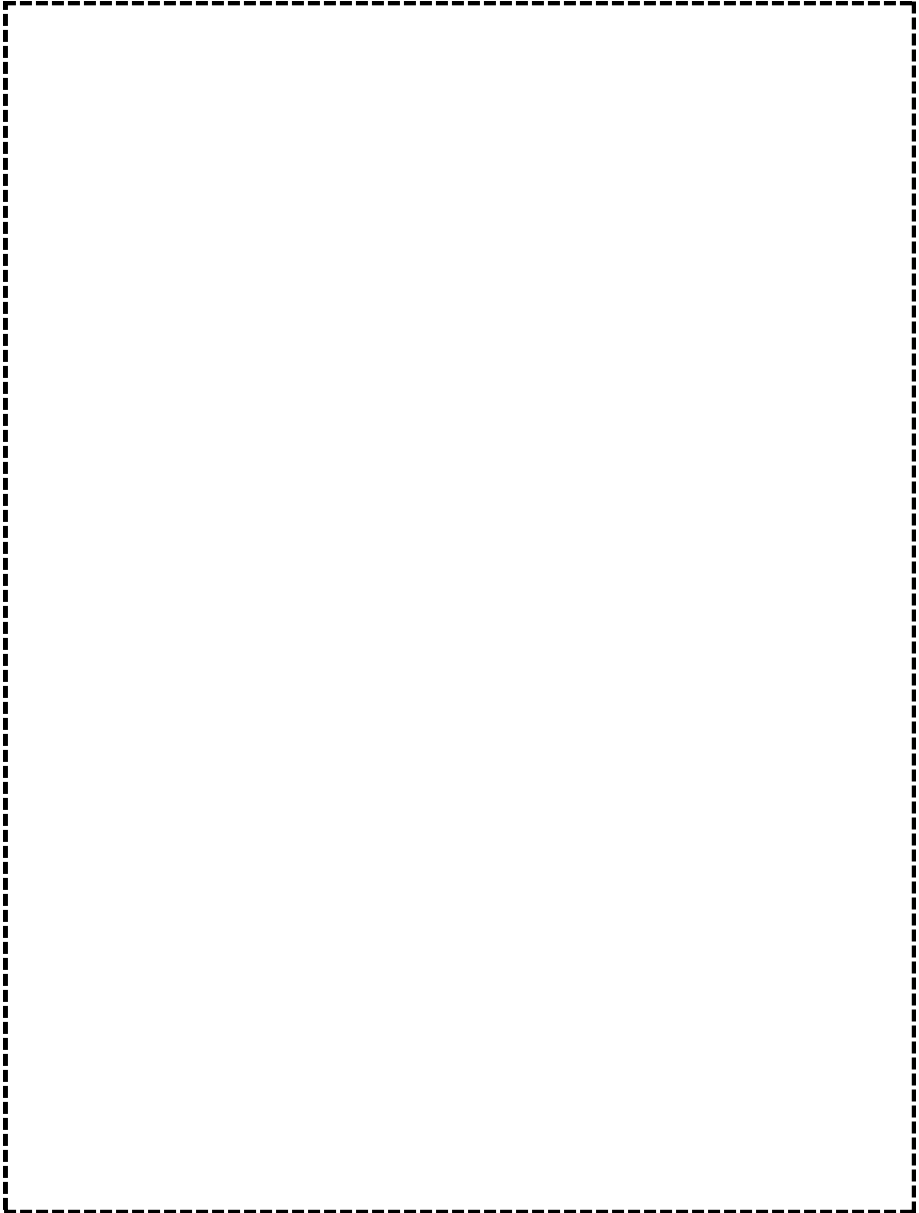
	Yes	NO
<i>Do I criticize myself constantly?</i>	<input type="radio"/>	<input type="radio"/>
<i>Do I believe I am not lovable ?</i>	<input type="radio"/>	<input type="radio"/>
<i>Do I trust your own judgment ?</i>	<input type="radio"/>	<input type="radio"/>
<i>Do I have low expectations for myself</i>	<input type="radio"/>	<input type="radio"/>
<i>Do I have anxiety or panic attacks ?</i>	<input type="radio"/>	<input type="radio"/>
<i>Do I have have a negative attitude?</i>	<input type="radio"/>	<input type="radio"/>
<i>Do I have bad habits like smoking, drinking, gambling...?</i>	<input type="radio"/>	<input type="radio"/>
<i>I am I constantly worrying ?</i>	<input type="radio"/>	<input type="radio"/>

*Do you know
yourself?*

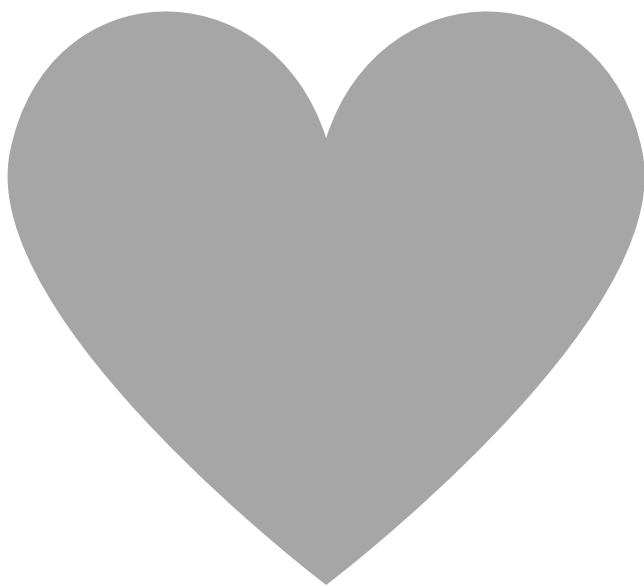


What did you learned?!

*Write a small paragraph about the things
you learned about yourself after answering the previous quiz.*

A large, empty rectangular box with a dashed black border, intended for the user to write a paragraph about what they learned from the quiz.

*Your self-love
affirmations*



Affirmations

Positive words, sentences, and phrases are the best way to boost your self-love, and impact your subconscious-mind to value your self. Read the following affirmations loudly with conviction

I love myself; I love who I am.

I am beautiful inside and out

I'm not concerned with others judgments

I am loved

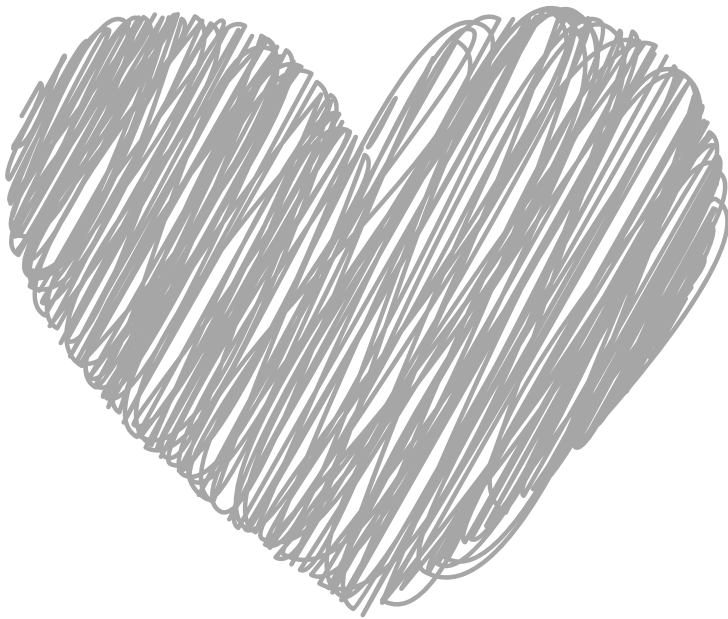
I deserve good things

I am worthy

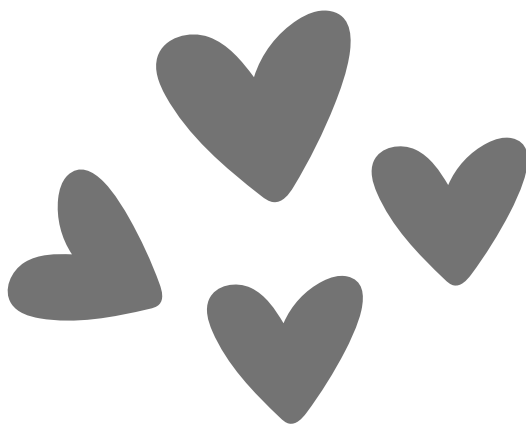
I am in control of myself

I forgive myself.

*No more negative
self-talking*



Your self-love activities



Do self-love activities & track them

Try to complete as much as you can from the following activities in a month, and track your progress.

Week 1

Activity	S	M	T	W	T	F	S
Wake up at 6am							
Drink Water							
Healthy Breakfast							
No sugar							
No alcohol							
Praise yourself							
Read for 30min a day							
Workout for 45min							
Be Kind with others							
Acknowledge Your Effort							
Laugh and smile							
Let Go Of Worry							
Practice relaxation							
Have Fun							

Week 1

Activity	S	M	T	W	T	F	S
Take a walk in the nature							
Talk to yourself positively							
Clean your house or office							
Eat healthy food							
Cut down on your caffeine intake							
Help someone							
Smile							
Stand up straight							
Start learning a new skill							
Shut off your email and cellphone for an hour							
Plan a goal							
Read 10 pages of the growth mindset book							
Celebrate a goal you've achieved							
Take a nap							
Give yourself a massage							
Admire your body							
Have a soothing bath							
Take a deep mindful breath							
Drink herbal tea							
Take a walk in the sun							

Week 2

Activity	S	M	T	W	T	F	S
Wake up at 6am							
Drink Water							
Healthy Breakfast							
No sugar							
No alcohol							
Praise yourself							
Read for 30min a day							
Workout for 45min							
Be Kind with others							
Acknowledge Your Effort							
Laugh and smile							
Let Go Of Worry							
Practice relaxation							
Have Fun							

Week 2

Activity	S	M	T	W	T	F	S
Take a walk in the nature							
Talk to yourself positively							
Clean your house or office							
Eat healthy food							
Cut down on your caffeine intake							
Help someone							
Smile							
Stand up straight							
Start learning a new skill							
Shut off your email and cellphone for an hour							
Plan a goal							
Read 10 pages of the growth mindset book							
Celebrate a goal you've achieved							
Take a nap							
Give yourself a massage							
Admire your body							
Have a soothing bath							
Take a deep mindful breath							
Drink herbal tea							
Take a walk in the sun							

Week 3

Activity	S	M	T	W	T	F	S
Wake up at 6am							
Drink Water							
Healthy Breakfast							
No sugar							
No alcohol							
Praise yourself							
Read for 30min a day							
Workout for 45min							
Be Kind with others							
Acknowledge Your Effort							
Laugh and smile							
Let Go Of Worry							
Practice relaxation							
Have Fun							

Week 3

Activity	S	M	T	W	T	F	S
Take a walk in the nature							
Talk to yourself positively							
Clean your house or office							
Eat healthy food							
Cut down on your caffeine intake							
Help someone							
Smile							
Stand up straight							
Start learning a new skill							
Shut off your email and cellphone for an hour							
Plan a goal							
Read 10 pages of the growth mindset book							
Celebrate a goal you've achieved							
Take a nap							
Give yourself a massage							
Admire your body							
Have a soothing bath							
Take a deep mindful breath							
Drink herbal tea							
Take a walk in the sun							

Week 4

Activity	S	M	T	W	T	F	S
Wake up at 6am							
Drink Water							
Healthy Breakfast							
No sugar							
No alcohol							
Praise yourself							
Read for 30min a day							
Workout for 45min							
Be Kind with others							
Acknowledge Your Effort							
Laugh and smile							
Let Go Of Worry							
Practice relaxation							
Have Fun							

Week 4

Activity	S	M	T	W	T	F	S
Take a walk in the nature							
Talk to yourself positively							
Clean your house or office							
Eat healthy food							
Cut down on your caffeine intake							
Help someone							
Smile							
Stand up straight							
Start learning a new skill							
Shut off your email and cellphone for an hour							
Plan a goal							
Read 10 pages of the growth mindset book							
Celebrate a goal you've achieved							
Take a nap							
Give yourself a massage							
Admire your body							
Have a soothing bath							
Take a deep mindful breath							
Drink herbal tea							
Take a walk in the sun							

**Observe your
thinking pattern**

love

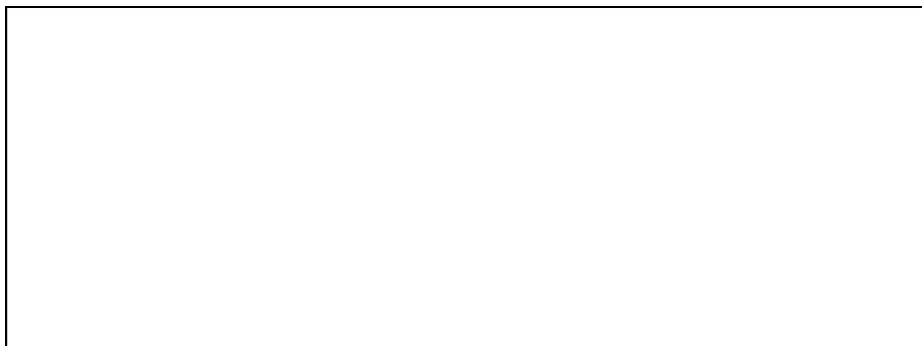
Change the thinking pattern about yourself

Answer the following questions in small paragraphs to change the negative thinking pattern about yourself into a positive one

What I can do to be honest with myself?

What shall I modify in my body language, posture, and thinking about myself to enhance my self-esteem?

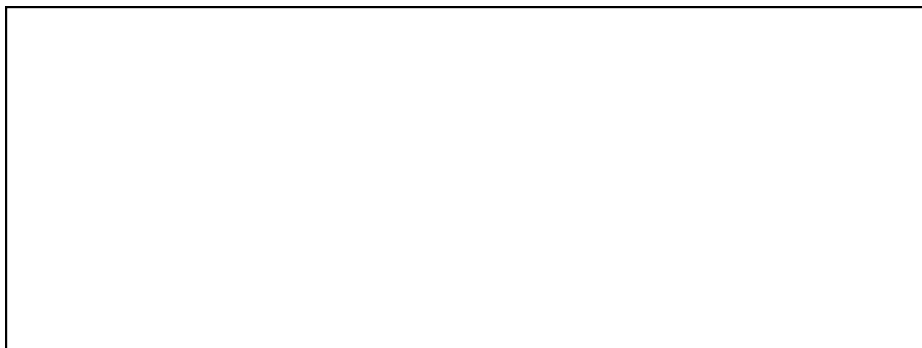
**What are the things that will help me to express myself?
(It could be: hobbies, way of talking, things you enjoy...)**



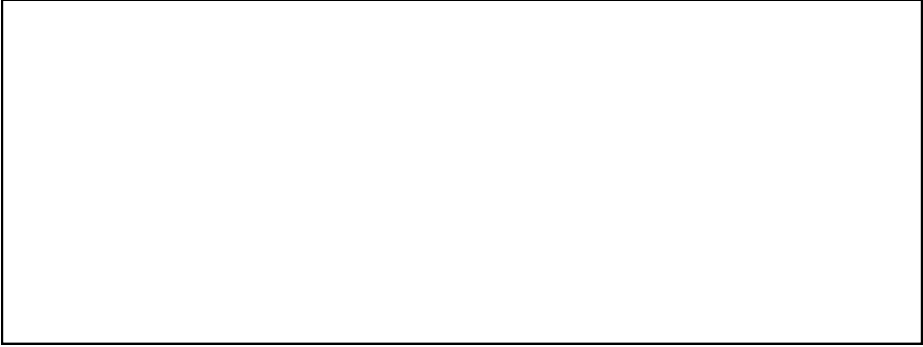
What can I do to stop comparing myself to others?



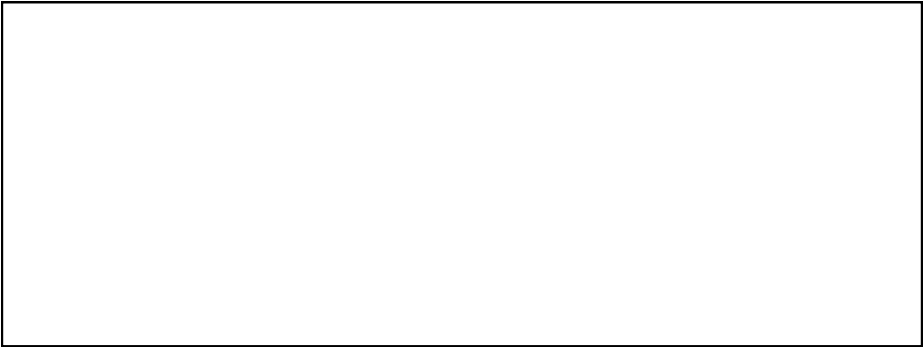
Who are the people I should surround myself with, who are the ones I should avoid, and why?



What are my strengths, and how I can use them to become a better person?



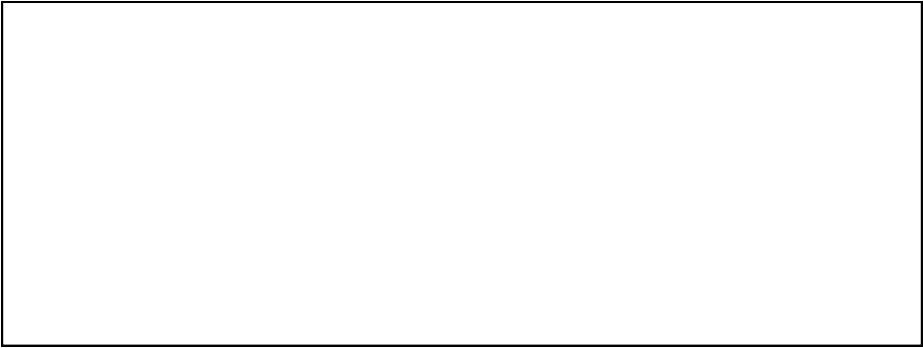
What are my weaknesses, and how I can overcome them?




Write a self-love paragraph for yourself.



What can I modify in my room (or house) to feel better



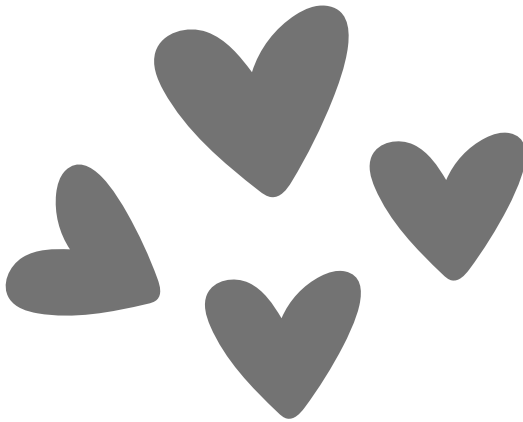
In what cases i should say "No", and how do I feel after saying it?



What are the goals I would like to achieve in my life, and why these goals are important to me?



Achieve your goals





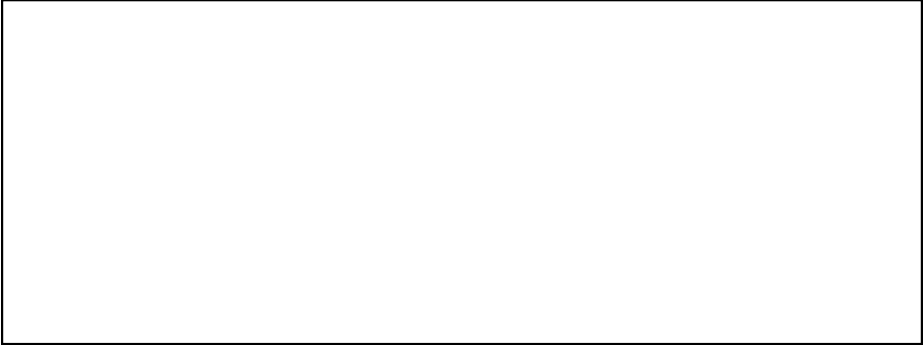
**List below your 5 main goals
you want to achieve this year**




Goal 01

Goal 02

Goal 03



Goal 04



Goal 05

