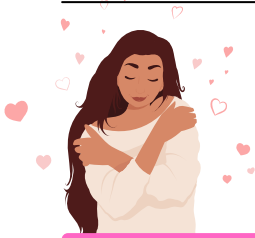


Name: _____

Date: _____



Self Love Worksheet

Part 2



Answer the following questions to discover the ways you view yourself

1 What role do you think your values play in shaping who you are, and how do you ensure that your actions align with your values?

2 What is something that you have learned about yourself recently, and how has it impacted your life?

3 What are some things that you are afraid of, and how do you confront or manage those fears?

4 What role do you think self-care plays in maintaining a healthy mind and body, and what are some ways that you prioritize self-care in your life?

5 What advice would you give to someone who is struggling with their self-esteem or self-worth?

6 What makes you unique or special?
