

Name: \_\_\_\_\_

Date: \_\_\_\_\_



# Self Love Worksheet

## Part 1



Answer the following questions to discover the ways you view yourself

1 What are some things you like about yourself?

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2 What accomplishments are you proud of?

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3 What goals do you have for yourself?

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4 What are some things that you are good at?

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5 What are some things that you enjoy doing?

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6 What are some compliments that others have given you?

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