



# Daily Self Love

5 Things I am Especially Grateful For:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

2 Things I Am Proud of Myself:

1. \_\_\_\_\_
2. \_\_\_\_\_



3 Feelings I want to practice Today:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

I dream Daily About . . . .

3 New Experiences I would like to have:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

3 Ways I Choose to take Care of & Honour my Physical Body:

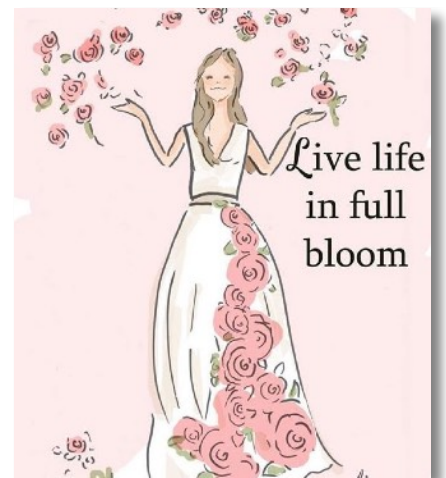
1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

5 Self Care Activities I want to Incorporate into my Self Care Daily Routine :

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

5 Things I Love about Myself :

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_



5 Ways I Choose to Honour my Own Spirit:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

