

SelfLove: Acceptance Worksheet

Name: _____

Date: _____

Answer each question in the space provided.

1. Something(s) I accept about myself is(are):

2. I want to accept that I:

3. I want to accept how I:

4. I need help accepting:

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5. I refuse to accept:

6. I am willing to accept help with:

7. to aid in my journey, I am willing to accept from others:

8. I am receptive to:

9. I accept myself. (write three times)

10. I am receptive. (write three times)

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