

# SelfLove: charity/give worksheet

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

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

Answer each question in the space provided.

1. list what you have given yourself lately:

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2. what have you given yourself today:

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3. what do you give others in hope for reciprocity :

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4. what do you wish you could give yourself more of:

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5. what do you wish you could give yourself period:

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6. how long did it take to get used to hugging yourself:

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7. how many times have you said you loved yourself in the mirror while looking into your eyes:

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8. what prevents you from giving yourself time daily:

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9. define selfish:

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10. (for [your age in] minutes) give yourself a moment to pause and be .

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