

# SelfLove: endurance/discipline worksheet

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

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

Answer each question in the space provided.

1. identify your learning process:

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2. identify/describe your healing process:

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3. describe how you process good news :

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4. how long does it take you to process bad/disappointing news:

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5. how do you survive waiting:

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6. describe your current routine:

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7. design your ideal self love routine:

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8. where can you use more discipline:

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9. what jeopardizes your discipline/routines:

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10. (for [your age in] minutes) pause and breathe deeply repeatedly.

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