

SelfLove: hope worksheet

Name: _____

Date: _____

Answer each question in the space provided.

1. define hope:

2. list what you believe to be true about yourself:

3. what do you believe to be true about your future :

4. what do you believe you are capable of:

5. what do you want to believe in:

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6. what kind of growth do you want to see on your journey of self love:

7. what do you hope to gain once you're operating in self love:

8. who do you prove yourself to and why:

9. who do you owe explanations to and why:

10. write "I believe in myself" 3 times .

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