

SelfLove: Intention worksheet

Name: _____

Date: _____

Answer each question in the space provided.

1. to set your intention to love yourself, identify and describe your "self":

2. with your Self-Love Mirror, tell Self "I love you" with eye contact; describe how it felt:

3. next tell Self with eye contact, "I am trying to love your better"; describe how it felt:

4. identify an insecurity, tell self "thank you for making me aware of..."; describe how it felt:

5. identify a fear, tell self "thank you , the [fear of] has served its purpose"; describe how it felt:

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6. list the 11 aspects of self love:

7. what are the three most important aspects of Self Love:

8. What are the 3 most challenging aspects of self love:

9. list 3 actions that can be taken to fortify your intention to love Self:

10. write "I am going to love my Self" 3 times .

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