

SelfLove: kindness worksheet

Name: _____

Date: _____

Answer each question in the space provided.

1. list what you like about yourself:

2. list what you want to like about yourself:

3. write how you want to be described (based on facts) :

4. what euphemisms could you use for yourself:

5. write an encouraging statement about your goals:

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6. write a grateful statement about your efforts:

7. write a supportive statement about your challenges:

8. write a statement recognizing your smaller accomplishments/successes:

9. write a statement forgiving yourself:

10. write "I can be kinder to myself" 3 times .

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