

# SelfLove: patience worksheet

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

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

Answer each question in the space provided.

1. define patience:

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2. I am sure to give myself time to:

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3. I say "I don't have time for..." [enter number] times a day:

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4. My patience is tested when:

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5. I could use "meanwhile/meantime" (the time you spend waiting) to :

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Need a hand?



6. It takes too much time for me to \_\_\_\_ myself:

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7. My timeframe for waiting maxes out at:

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8. the first thing I want to start taking more time with is:

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9. Those that can benefit from me taking more time with self is/are:

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10. I am becoming more patient with myself. (write three times)

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Need a hand?



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Need a hand?