

SelfLove: protect worksheet

Name: _____

Date: _____

Answer each question in the space provided.

1. who do you protect (with your life):

2. what do you protect (with your life):

3. who is more important than your self love : (hint:trick question)

4. what can you foresee yourself willing to sacrifice for the success of your self love:

5. who will you be willing to sacrifice for the success for self love:

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6. describe how your self love could ever be more important than your relationships with loved ones:

7. write 3 statements to give when your self love is challenged:

8. write 3 questions for someone who is challenging your self love:

9. list 3 actions that can be taken to protect your self love:

10. write "I protect my self love" 3 times .

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