

SelfLove: respect worksheet

Name: _____

Date: _____

Answer each question in the space provided.

1. define respect:

2. examples of self respect are:

3. my respect for self is dependent on :

4. My self respect is tested when:

5. my respect can only be set aside for:

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6. I sacrifice my self respect for:

7. [enter number] of people that don't really respect me:

8. I should be respected for:

9. Those that can benefit from me respecting myself more is/are:

10. I respect my self love. (write three times)

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