

The background is a solid light pink color. In the top-left and bottom-right corners, there are clusters of white flowers with pink centers. The rest of the page is decorated with faint, larger-scale floral patterns in a light pink color.

*SELF LOVE
WORKBOOK
WITH JOURNAL
PROMPTS*

rethinkreachout.com

WHAT IS SELF LOVE AND WHY DO WE NEED IT

Self love means taking care of your own needs and not sacrificing your happiness for the benefit of others (people pleasing).

Loving yourself means learning to accept yourself with your flaws and weaknesses. Self love looks like being compassionate towards yourself instead of putting yourself down when you make a mistake.

Self love is essential for good mental health. It helps you relax, increases your self-esteem, level of happiness and well-being. Moreover, you cannot fully love others until you learn to love yourself.

Disclaimer: Self love is NOT being selfish or vain. It does not mean that you feel you are more deserving than other people.

HOW CAN WE PRACTICE SELF LOVE

Self love can be practiced by practicing self compassion and self care. Self love is a process and if you are someone who struggles with low self-esteem, depression, anxiety or low self-worth you might have to put in a little more work.

Here are a few ways in which you can practice self-love:

1. Express yourself creatively (helps working on your inner child)
2. Start a journal (I have included some prompts to get you started)
3. Practice affirmations (You can create your own or even use some of the ones in this workbook!)
4. Try practicing mindfulness in your life - this can be in the form of eating, exercising, meditating, studying, working and in your relationships.

SELF LOVE JOURNAL PROMPTS

WRITE DOWN THREE THINGS YOU ARE GRATEFUL FOR TODAY

WHAT DO YOU LOVE ABOUT YOURSELF? WHY?

WHAT WOULD YOU TELL YOUR BEST FRIEND IF THEY TOLD YOU THEY DID NOT LOVE THEMSELVES?

IS THERE ANYTHING YOU NEED TO FORGIVE YOURSELF FOR?

WHAT IS HOLDING YOU BACK?

HOW OFTEN ARE YOU LETTING YOUR MISTAKES DEFINE YOUR SELF-WORTH?

WHAT STEPS CAN YOU TAKE TO START LOVING YOURSELF?

SELF-LOVE AFFIRMATIONS

*I LOVE AND ACCEPT MYSELF
UNCONDITIONALLY.*

I AM WORTHY OF BEING LOVED.

I AM EVOLVING EVERYDAY.

I AM NOT DEFINED BY MY MISTAKES.

*I BELIEVE IN MY SELF AND I AM CAPABLE OF
ANYTHING I PUT MY MIND TO.*

I WILL BE KIND TO MYSELF TODAY.

I WILL TREAT MYSELF WITH RESPECT.

I AM CONFIDENT IN WHO I AM.

I AM ENOUGH.

I WILL PUT MYSELF FIRST.

*I AM DESERVING OF LOVE, HAPPINESS AND
SUCCESS.*

*I GIVE MYSELF PERMISSION TO MAKE MY
CHOICES.*

I FORGIVE MYSELF FOR MY MISTAKES.