

Loving Yourself Workbook

Every day, you have a multitude of opportunities to love yourself. ***Whether it's taking care of yourself physically in some way, finding intellectual stimulation, carefully managing your emotions, or feeding your soul, show you love yourself in everything you do.*** This worksheet will aid you in discovering new ways to show yourself some love.

Your Physical Self: Looking After Your Own Body

1. How do you feel about your appearance?

Strategy: Accepting yourself just the way you are will actually help you in pursuing your goals.

2. What are your strongest physical points and features?

Strategy: Make a conscious decision to love yourself, no matter what.

3. Think about ways you can change something about your physical appearance/condition. Write them here.

Strategy: Rome wasn't built in a day. Set small goals to experience success in your quest to improve your physical appearance and condition.

4. Are there certain activities you love to do but just don't have the time or energy to do them on a daily basis? If so, what are those activities?

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Strategy: Tell yourself you're worth the time and effort to do what you want to do for yourself.

5. Commit to yourself now to make time for a couple of those activities each day. Write here when and how you will fit them into your day.

Strategy: Make time each day for a beloved activity. Even though you might not see the value in having a hobby, you'll feel special and enjoy your day more when you do an activity you love to do.

6. From this day forward, how will you focus on your physical self in these 2 areas: nutrition and exercise. Be specific in what you will do.

Strategy: Place a sticky note on your bathroom mirror with your brief plan to "eat more fruit" or "walk 30 minutes." Also, place a duplicate note on your refrigerator as an extra reminder.

Your Intellectual Self: Properly Feeding Your Mind

7. What are your priorities in life?

Strategy: Ponder what you truly want your life to be like. Then develop a strategy to make it happen.

8. List your life goals here. Focus on your top 5 goals.

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Strategy: Be specific when writing your goals. Instead of, “Get a job promotion,” write, “Complete the 4 week accounting training and get a pay increase within 6 months from today.”

9. Are you satisfied with the number of friends (real life friends, not online) you have? When was the last time you got together with friends? Set a goal now about how you’ll spend more time with loved ones over the coming months.

Strategy: Call a friend or family member to make a plan to spend time together at least every other week.

10. Do a personal inventory. List what you love about your life here.

Now, list what you’d like to change about your life. Focus on how to make your intellectual life better.

Strategy: Consider whether getting new training or learning something new would be a welcome change to your life.

11. Do you feel you deserve love? Why or why not?

Strategy: Recognize that you matter. Because you’re here on earth, you deserve to love and be loved.

Your Emotional Self: Understanding and Respecting Your Own Feelings

12. What does it mean to you to take responsibility for your own life?

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Strategy: Think about times when you simply stayed in a relationship because it was easier. Now, consider what it would have been like if you had taken full responsibility for how your life progressed.

13. When you “talk” to yourself, what do you say? Is it mostly positive and encouraging? If not, why not?

Strategy: Make it a point to arrest any negative thinking and replace it with a positive thought. Instead of, “I messed up,” think, “I’ll do better next time.”

14. Do you apologize when you’re aware you made an error? If not, why not? Do you forgive others? If you don’t, think about why not and write those reasons here.

Strategy: Saying you’re sorry shows you accept the fact that you sometimes make mistakes. It’s an important step to self-love. Also, letting go of hurt and forgiving others will free you emotionally.

15. Do you respect yourself?

If someone mistreats you, what do you do? How do you handle it?

Strategy: One who loves himself has self-respect. He has limits in terms of how he allows someone to treat him. Sometimes, loving yourself means you respect yourself enough to change a disappointing or hurtful situation.

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Your Spiritual Self: Caring for Your Soul

16. Have you been thinking about changing your personal space somehow?
How would you do it? What changes would you make?

Strategy: Renew your soul by transforming a special space in your home.

17. How much off-work time in an average day do you spend with technology?

If you aren't sure, pledge to keep track tomorrow of your time spent with gadgets.

Strategy: Explore new hobbies or revive an old one with your new-found time.

18. Are you open to feeling loved from friends and family members?

Strategy: Be aware and accepting of the love that people give you.

19. How often do you go outdoors just to enjoy the day?

Name some simple ways you can enjoy nature every day or two.

Strategy: Find the beauty in nature each day. You'll find your spirits are lifted and you approach your day more positively. And you'll love yourself even more.

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20. Do you have adventure in your life? If not, why not? How can you add some adventure to your existence?

Strategy: Having an adventure from time to time will boost your soul. Try it.

“Your heart knows your song, but you have to be willing to listen to the words.” ~Sue Rock