Self Love Worksheet

The foundation to radiating self confidence and authenticity is Self Love. When we lack self love, subconsciously we try to fill the void that we are feeling by either giving too much or taking energy from other people just to try and convince yourself that you have this under control or getting a glimpse of what having control feels like. I want to remind you that you are a conscious creator of your life, and that self love, is a practice that needs to be cultivated! Think of yourself like a garden and each act of self love is a blossom or fruit, to get a full garden you need to be nourishing it consistently. Once you get it, you’ve got it and you got it for life!

If you have your journal, you can write these exercises down in there so you can flip it to that page whenever you need to be reminded of how amazing you are! Whenever I catch myself feeling down I open these pages and reread them to myself with total concentration, it works because it changes your thought pattern and reinforces your mindset with positive affirmations!

I suggest flipping to a new page after every exercise to leave yourself some extra room to write in case you thought of more things to jot down in the future.

**Exercise 1**: I want to \_\_\_\_\_\_\_\_\_\_\_\_\_\_. Why? \_\_\_\_\_\_\_\_\_\_\_\_

Example: I want to be in a long and happy relationship. Why? I feel safe and supported. I can grow with him and he can grow with me. I want to love and be loved in return, unconditionally.

Example: I want to love going to work every day. Why? I want to inspire and be inspired. I want to make a difference positively in my life and other people’s lives. I want to have the freedom to achieve happiness and fulfillment.

Write down as many as you want!

**Exercise 2**: List of Endowments

Write down every attribute that you or other people love about you!

Example: I am loyal, I care about the environment and animals. I am the kind of person where people feel comfortable telling their struggles to. I am kind, I am reflective, I am introspective. I am able to absorb a large amount of information.

**Exercise 3**: List of Potentials and Capabilities

This is where you think back in your life during times where you have conquered or achieve something. I don’t care how small you think it is, just write it down! The more you write the more will flow through! If you are struggling, also write down what you see yourself being capable of doing.

Example: I am capable of doing something even if I am scared. My body is able to digest food and give me energy. I am sensitive to other people’s emotional state. I could learn to be present in the moment. I am capable of teaching meditation classes. I have the potential to achieve financial abundance. I am capable of making jewelry and paintings.

**Exercise 4**: List of Contribution and Success

Sometimes when we are so busy and so occupied by our minds that we forget how hard we have worked to be at this point in our lives! Rewind and remember you success! This is where you plant flowers or trees that have already bloomed in your garden! This is PROOF that you are AMAZBALLZ! When you lack self confidence, you may feel that it is egotistic to talk about your success. I am here to tell you that you are here to OWN YOUR SUCCESS. Sharing your success with enthusiasm as inspiration is a form of love! This vibration is contagious!

Example: I landed a full time job when at one point I thought it was never possible. I finished my degree. I donated to a charity because I wanted to, no one forced me. My friend was really upset last week and I cheered them up, we felt more connected to each other.