



# Self Love Worksheet



5 Things I am proud of myself for

- 1.
- 2.
- 3.
- 4.
- 5.

3 Things that cheer me up

- 1.
- 2.
- 3.

Repeat daily:

- I have the right to express my feelings, opinions and values
- I am not responsible for other people's thoughts, feelings or behaviours
- I have the right to make mistakes and the right to change
- I have the right to ask for support

5 Things I am grateful for

- 1.
- 2.
- 3.
- 4.
- 5.