

★ Daily Self Love ★

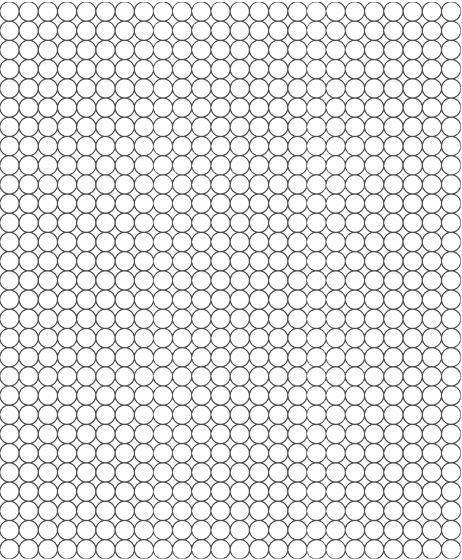
10 things I'm grateful for:

- 01. _____
- 02. _____
- 03. _____
- 04. _____
- 05. _____
- 06. _____
- 07. _____
- 08. _____
- 09. _____
- 10. _____

What I Want

10 things I love about myself:

- 01. _____
- 02. _____
- 03. _____
- 04. _____
- 05. _____
- 06. _____
- 07. _____
- 08. _____
- 09. _____
- 10. _____



3 new things I'd like to try:

- 01. _____
- 02. _____
- 03. _____

2 favors to do for myself today:

- 01. _____
- 02. _____

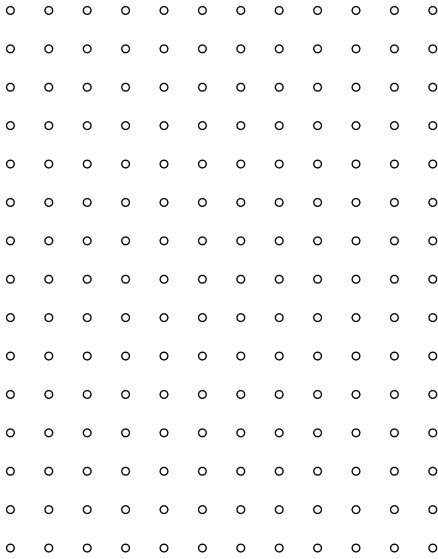
2 new things I learned recently:

- 01. _____
- 02. _____

3 feelings I want to practice today:

- 01. _____
- 02. _____
- 03. _____

A compliment to myself:



Thoughts I want to think about myself:

I love _____

(your full name)