



SELF-LOVE 101

WORKSHEET

At Health Coach Institute, it's our mission to help others live their best life...and the very FIRST step is to make self-love a sacred daily ritual.

Only when you make the time to love yourself and nourish your needs and desires, can you fully love, support, and be present for others. (As we like to say: Spark the change...first for you and then for others!)

This worksheet is designed to help you master the art of self-love and self-care. Practice it morning and night to make it a cherished daily habit.



MORNING RITUAL

Do this upon waking...

Step 1: Look at yourself in the mirror - without fear, shame, or judgment - and say these words:

I LOVE YOU.

Take a moment to really soak these three important words in. If you find yourself interrupted by objections or negative thoughts enter your mind, repeat the words again with care and conviction. Remind yourself that the negative thoughts are just a story and you have the power to create a better one.

Step 2: Pay yourself a compliment (example: You make a mean green smoothie. You rocked that work presentation you made last week. You are an amazing listener!). Now write that compliment down.

Step 3: List 3 things you love about yourself (example: I love what a supportive friend I am. I love my freckles. I love my sense of humor.)

1. _____
2. _____
3. _____



EVENING CHECK-IN

Do this right before bed...

Step 1: List an accomplishment - large OR small - you're proud of from today (example: I donated a bunch of stuff I no longer use to those in need. I caught up with my friend over a healthy lunch.)

1. _____
2. _____
3. _____

Step 2: Spend 30 minutes doing something that nourishes your soul (example: take a bath, read a book, do some yoga, write in a journal, go for a quick jog, have a solo dance party, phone a friend, crochet, spend a little extra time pampering yourself). Write down what you did for you and how it made you feel.

This evening, I _____

How it made me feel _____

Step 3: Say these words aloud to yourself with love, compassion, and acceptance...

I LOVE YOU. YOU'RE WORTH YOUR TIME AND ENERGY.

(Repeat it again and again until you mean it.)