

# DAILY SELF-LOVE WORKSHEET

## FEELING:

Take a second to reflect and check all that apply today.



- |                                    |                                      |
|------------------------------------|--------------------------------------|
| <input type="checkbox"/> HAPPY     | <input type="checkbox"/> TIRED       |
| <input type="checkbox"/> CONTENT   | <input type="checkbox"/> SICK        |
| <input type="checkbox"/> RELAXED   | <input type="checkbox"/> FRUSTRATED  |
| <input type="checkbox"/> MOTIVATED | <input type="checkbox"/> LOW-ENERGY  |
| <input type="checkbox"/> EXCITED   | <input type="checkbox"/> ANGRY       |
| <input type="checkbox"/> NEUTRAL   | <input type="checkbox"/> OVERWHELMED |
| <input type="checkbox"/> BORED     | <input type="checkbox"/> STRESSED    |
| <input type="checkbox"/> SAD       | <input type="checkbox"/> _____       |
| <input type="checkbox"/> LONELY    | <input type="checkbox"/> _____       |

## DATE:

## SELF-LOVE:

What is something I can celebrate about myself today?

## GRATITUDE:

What part of today am I most grateful for?

## SELF-CARE:

How did I show up for myself today?

- GOT READY FOR THE DAY
- SLEPT 7+ HOURS
- NOURISHED MY BODY
- MOVED MY BODY
- TOOK A MOMENT FOR MYSELF
- SPENT TIME DOING SOMETHING I LOVE
- JOURNALED
- RESTED
- WENT ON AN ADVENTURE
- GOT FRESH AIR
- CONNECTED WITH A LOVED ONE
- TOOK SOME DEEP BREATHS
- SPENT TIME UNPLUGGING
- TOOK MY MEDICATION
- WENT TO THERAPY
- \_\_\_\_\_
- \_\_\_\_\_

## ON MY MIND:

What is something that's been hard to hold or weighing on me?

## MY NEXT STEP WILL BE TO:

- |  |  |
|--|--|
| <input type="checkbox"/> Talk to a friend or loved one about it.     | <input type="checkbox"/> Continue processing it. |
| <input type="checkbox"/> Bring it up with my therapist.              | <input type="checkbox"/> Begin to release it.    |
| <input type="checkbox"/> Use my coping skills toolkit to address it. |  |
| <input type="checkbox"/> _____                                       |  |

## MY WATER INTAKE:



## RATE TODAY:



MY ENERGY

MY FEELINGS

OVERALL