

# *Self Love Questions*

**Do I feel guilty if I put my need first?**

**How important is my own happiness?**

**In what ways do I show love for myself?**

# Self Love Journey

**I feel loved when:**

**I feel confident when:**

**I feel proud when:**

**I feel blessed when:**

**Productive Activities:**

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**Things I'm Grateful for:**

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# Self Improvement

## Habits To Change

Four horizontal pink bars for writing habits to change.

## New Skills To Learn

Four horizontal pink bars with white lines for writing new skills to learn.

## Values To Enhance

Four horizontal pink bars with white lines for writing values to enhance.

## Self Reflection

Four horizontal pink bars for writing self-reflection notes.

# Monthly Focus

What is my priority for this month?

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How can I improve my confidence?

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Things I should  
keep on doing

Things I should  
stop doing

# Vision Board

**Wealth Goal**

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**Health Goal**

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**Social**

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**Love**

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**Family**

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**Career**

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**Spiritual**

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**Knowledge**

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