

# Practicing Self-Love

Circle all that I am feeling today:

- I am worthy
- I am loved
- I am trying my best
- I forgive myself
- I will give myself grace

Three things I love  
about myself:

Three things that  
make me unique

1.

2.

3.

What makes me happy:

What do  
I need  
today:

One thing  
I will do  
for myself  
today: