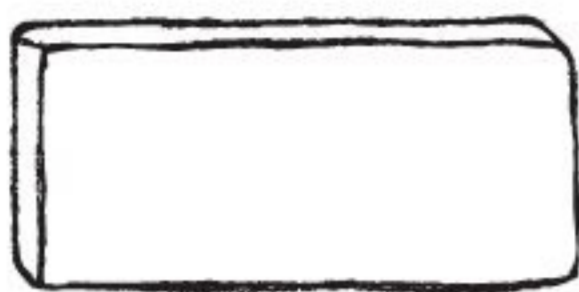


daily Self love Worksheets



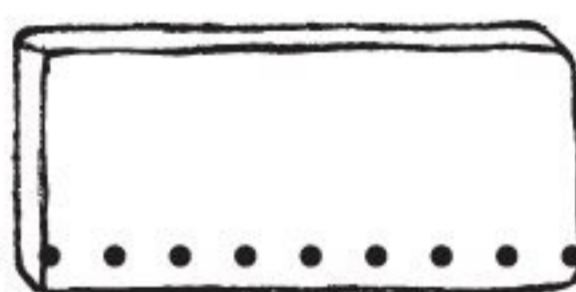
I **LOVE** MYSELF TODAY BECAUSE ...

TODAY I FORGIVE MYSELF THAT ...

I AM BECAUSE ...

SOMETHING GOOD I DID FOR MYSELF TODAY:

NOTES:



I **LOVE** MYSELF TODAY BECAUSE ...

TODAY I FORGIVE MYSELF THAT ...

I AM BECAUSE ...

SOMETHING GOOD I DID FOR MYSELF TODAY:

NOTES: