



## HOW TO LOVE YOURSELF WORKSHEET

### Instructions:

- ✓ PRINT AND COMPLETE THE HOW TO LOVE YOURSELF WORKSHEET.
  - THIS IS NOT A LIST OF WHAT YOU LIKE DOING – IT'S A LIST OF WHAT YOU HONOR AND APPRECIATE ABOUT YOURSELF. IF YOU HAVE DIFFICULTY WRITING THIS LIST, THEN FOCUS ON WHAT YOU LIKE DOING. FOR EXAMPLE: IF YOU LIKE RIDING A BICYCLE ASK YOURSELF: WHAT ARE THE GIFTS, TALENTS, SKILLS AND ABILITIES I DEMONSTRATE THROUGH THIS ACTIVITY? YOUR RESPONSES MAY INCLUDE: MY SPIRIT OF ADVENTURE, MY STAMINA, MY ATHLETIC ABILITIES, ETC. . .
- ✓ KEEP YOUR COMPLETED WORKSHEET HANDY. WHEN YOU ARE FEELING LOW SELF ESTEEM AND UNHAPPY READ YOUR COMPLETED WORKSHEET ALOUD WHILE LOOKING IN A MIRROR FOCUSING YOUR ATTENTION ON YOUR GIFTS, TALENTS, SKILLS AND ABILITIES. THEN ACKNOWLEDGE YOURSELF FOR RE-FOCUSING YOUR ATTENTION ON LOVING YOURSELF. THEN NOTICE YOUR ATTITUDE CHANGE.

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1. LIST WHAT YOU HONOR AND APPRECIATE ABOUT YOURSELF - YOUR GIFTS, TALENTS, SKILLS AND ABILITIES. HERE ARE SOME QUESTIONS TO CONSIDER WHILE MAKING YOUR LIST:
    - A. WHAT DO I APPRECIATE ABOUT WHO I AM?
    - B. WHAT ARE MY STRENGTHS?
    - C. WHAT DO MY FRIENDS APPRECIATE ABOUT ME?
    - D. WHAT DO I LIKE ABOUT OTHERS? WHICH OF THESE CHARACTERISTICS DO I HAVE?
    - E. HOW WOULD PEOPLE WHO LOVE ME DESCRIBE ME?

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SEE OUR COMPLETE LIST OF [SELF ESTEEM ACTIVITIES](http://WWW.SELF-ESTEEM-EXPERTS.COM/SELF-ESTEEM-ACTIVITIES.HTML) (WWW.SELF-ESTEEM-EXPERTS.COM/SELF-ESTEEM-ACTIVITIES.HTML)

HAVE QUESTIONS OR SCHEDULE A FREE 15 MINUTE COACHING SUPPORT SESSION  
CONTACT US AT [SUPPORT@SELF-ESTEEM-EXPERTS.COM](mailto:SUPPORT@SELF-ESTEEM-EXPERTS.COM)



# Self-Esteem-Experts.com



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2. WHEN YOU'VE COMPLETED YOUR LIST, READ IT ALOUD WHILE LOOKING IN A MIRROR.
  - A. BEGIN EACH STATEMENT WITH THE WORDS, *(YOUR NAME), I LOVE YOUR. . .*  
(JOAN, I LOVE YOUR SENSE OF HUMOR! JOAN, I LOVE YOUR WILLINGNESS TO HELP OTHERS!)
  - B. BEGIN EACH STATEMENT WITH THE WORDS, *I LOVE MY. . .*  
(I LOVE MY COMMITMENT TO FEELING GOOD ABOUT MYSELF! I LOVE MY OPENNESS TO LEARN NEW THINGS!)

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