



3 things I love about myself

- 1.
- 2.
- 3.

A compliment to myself

I love and accept myself

3 new things I want to try

- 1.
- 2.
- 3.

3 feelings I want to practice

- 1.
- 2.
- 3.

2 favors to do for myself today

- 1.
-
-
- 2.
-
-



When I accept myself, I am freed from the burden of needing you to accept me.

-Dr. Steve Maraboli

Daily Self Love Sheet
It is all about your mindset



The moment you realize that no one is your enemy, except yourself.