

# A Journey To Loving Yourself

Hello and welcome to your Self-Love workbook, I recommend doing a page a day and there are some pages to help with self-care. Always remember you are loved and never alone on your journey through life.

So lets begin.

*"As I began to love myself I found that anguish and emotional suffering are only warning signs that I was living against my own truth. Today, I know, this is "ATTENTIONLACK".*

*As I began to love myself I understood how much it can offend somebody if I try to force my desires on this person, even though I knew the time was not right and the person was not ready for it, and even though this person was me. Today I call it "RESPECT".*

*As I began to love myself I stopped craving for a different life, and I could see that everything that surrounded me was inviting me to grow. Today I call it "MATURITY".*

*As I began to love myself I understood that at any circumstance, I am in the right place at the right time, and everything happens at the exactly right moment. So I could be calm. Today I call it "SELF-CONFIDENCE".*

*As I began to love myself I quit stealing my own time, and I stopped designing huge projects for the future. Today, I only do what brings me joy and happiness, things I love to do and that make my heart cheer, and I do them in my own way and in my own rhythm. Today I call it "SIMPLICITY".*

*As I began to love myself I freed myself of anything that is no good for my health - food, people, things, situations, and everything that drew me down and away from myself. At first I called this attitude a healthy egoism. Today I know it is "LOVE OF ONESELF".*

*As I began to love myself I quit trying to always be right, and ever since I was wrong less of the time. Today I discovered that is "MODESTY".*

*As I began to love myself I refused to go on living in the past and worrying about the future. Now, I only live for the moment, where everything is happening. Today I live each day, day by day, and I call it "FULFILLMENT".*

*As I began to love myself I recognized that my mind can disturb me and it can make me sick. But as I connected it to my heart, my mind became a valuable ally. Today I call this connection "WISDOM OF THE HEART".*


*We no longer need to fear arguments, confrontations or any kind of problems with ourselves or others. Even stars collide, and out of their crashing new worlds are born. Today I know "THAT IS LOVE!"*

— Charlie Chaplin

# Day 1: Compliment Yourself


*"Life is too short to waste any amount of time on wondering what other people think about you. On the first place, if they had better things going on in their lives, they wouldn't have the time to sit around and talk about you. What's important to me is not others' opinions of me, but what's important to me is my opinion of myself."*

— C. JoyBell C.





What are 5 good qualities about yourself? One of mine is I like helping others 😊  Feel free to add more than 5!

- 1.
- 2.
- 3.
- 4.
- 5.


      .....family, arts, loving your pets!

What are 5 things your good at? One of mine is I'm good at breeding Pokémon for IV's.  Are you good at any games? Or reading fast, I can read fast so I would put that down! Feel free to add more than 5!

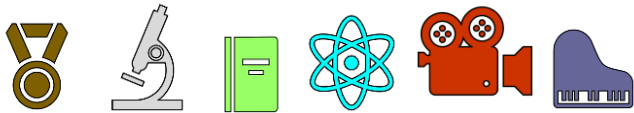
- 1.
- 2.
- 3.
- 4.
- 5.

    .....making music, photography, being frugal!

What are 5 things you love about yourself? I love that I can write well and do games good! Feel free to

add more than 5, that is why there is extra space! 

- 1.
- 2.
- 3.
- 4.
- 5.



are you good at music, school, reading, sports, making videos or even blogging?

*Remember to come back to these and give yourself a daily reminder that you can do these! It's good to show yourself that you can do this!! You can achieve great things when you put your mind to*

## Day 2: Favorites!

*"When you're different, sometimes you don't see the millions of people who accept you for what you are. All you notice is the person who doesn't."*

— *Jodi Picoult, Change of Heart*

List Your Favorite TV Show or Anime! Don't watch TV? Do Favorite Beverage or Do Both!



- 1.
- 2.
- 3.
- 4.
- 5.

Mine is Supernatural or Blue Exorcist for anime! Favorite Beverage is Coffee or Tea!



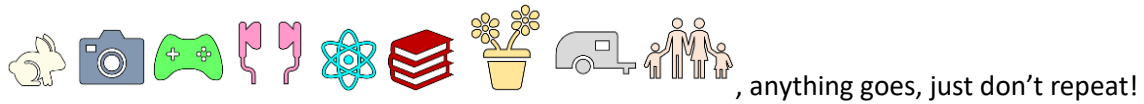
List your favorite books! More than 5? There is enough space to doodle in more!

- 1.
- 2.
- 3.
- 4.
- 5.

Mine are Vampire Academy, The Mortal Instruments and many more!

List your favorite of anything!! Mine would be camping trips with family or playing with my cat! More than 5? Just add on!

- 1.
- 2.
- 3.
- 4.
- 5.



*Go back to these lists when you're anxious or depressed and read through them! Do some of these activities, they may calm you down!!!*

## Day 3: Self-Care

*"If you celebrate your differentness, the world will, too. It believes exactly what you tell it—through the words you use to describe yourself, the actions you take to care for yourself, and the choices you make to express yourself. Tell the world you are one-of-a-kind creation who came here to experience wonder and spread joy. Expect to be accommodated."*

— *Victoria Moran, Lit From Within: Tending Your Soul For Lifelong Beauty*

### Water Intake For 7 Days!

- |                      |                      |
|----------------------|----------------------|
| 1. How many ounces'? | 6. How many ounces'? |
| 2. How many ounces'? | 7. How many ounces'? |
| 3. How many ounces'? |                      |

### Try to Exercise for 7 Days!

- |                      |                      |
|----------------------|----------------------|
| 1. How many minutes? | 5. How many minutes? |
| 2. How many minutes? | 6. How many minutes? |
| 3. How Many Minutes? | 7. How Many Minutes? |
| 4. How many Minutes? |                      |

Did you make it? It's tough I know, but, self-care well help keep your mood up and give you that extra boost!

## Day 4: Fill In The Blanks

*"The only person who can pull me down is myself, and I'm not going to let myself pull me down anymore."*

— C. JoyBell C.

I love \_\_\_\_\_ about myself and I love \_\_\_\_\_ this too. I enjoy that I can \_\_\_\_\_ and also I can \_\_\_\_\_, my favorite skill is \_\_\_\_\_. When I am I down I \_\_\_\_\_ and I also \_\_\_\_\_. I try to \_\_\_\_\_ every day, I also try to do this \_\_\_\_\_ every day.

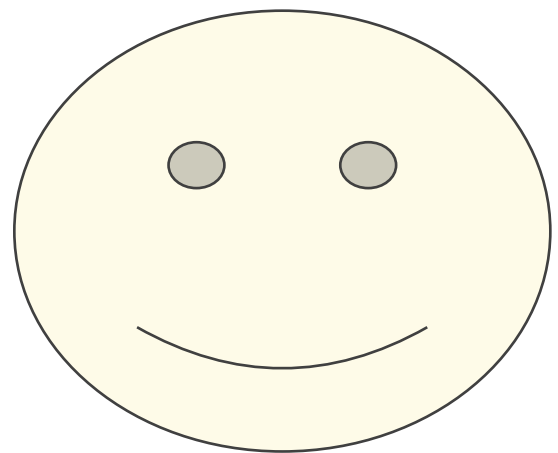
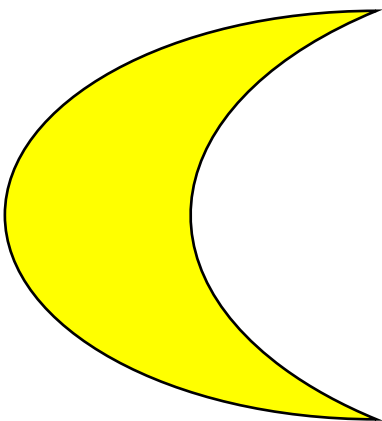
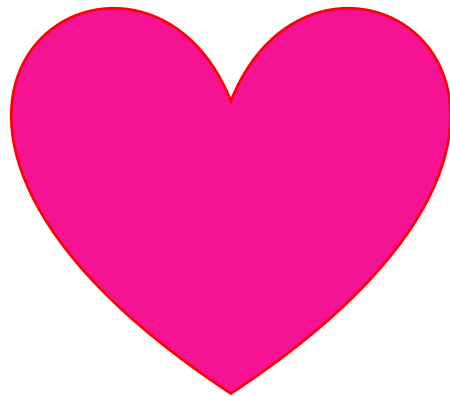
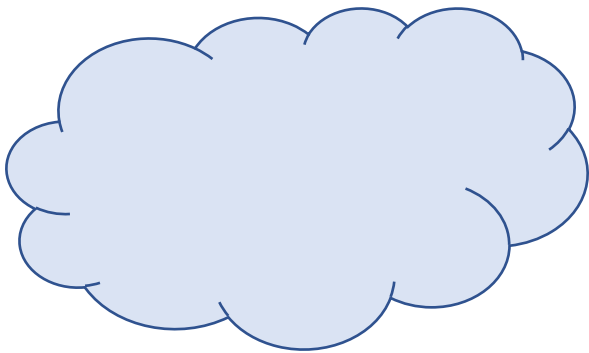
My favorite thing in the world is \_\_\_\_\_, and I love it so much. One thing I couldn't live without is \_\_\_\_\_. Even if it was a bad day the one thing that would cheer me up is \_\_\_\_\_ and I can count on it.

Something I can drink to cheer me up is \_\_\_\_\_ and I would be able to make it easily. My favorite song to cheer me up is \_\_\_\_\_ and my favorite show/book is \_\_\_\_\_. One person I can count on is \_\_\_\_\_ and they will always be there for me, I can feel it in my heart.

My favorite hobby is \_\_\_\_\_, and it usually cheers me up when I'm sad. My favorite thing to do to pass time is \_\_\_\_\_ and another thing is \_\_\_\_\_ it can keep my mind at ease.

## Day 5: Self-Love

Fill in the shapes with stuff you can do when your depressed or anxious, or something you learned from this work book that you really think can help you when you are down.





# The End!!!!

I hope you enjoyed this free booklet! I sure enjoyed making it!! Remember to always love yourself and look back on this booklet when you feel down!



Jenna VanHoof