### A pink flower on a leaf Description automatically generated

### Answer these questions to gain a better perspective of how you can strengthen your self-love.

1. How do I determine my self-worth? Is that fair?

1. In what ways do I treat my close friends better than I treat myself?
2. In what ways do I treat strangers that I encounter throughout the day better than I treat myself?
3. What are five things that I think everyone should be able to do that I currently cannot?
4. What are three different options for regular exercise that I would enjoy?
5. What are three things that I enjoy doing? How can I add time to do these things into my schedule?
6. What do I admire most about my body?

1. What are 10 things in my life that make me feel lucky and grateful?
2. What are the common qualities of those I admire the most?
3. What makes me feel good about myself? How can I bring more of this into my life?