

Self Love Questions

1. What does unconditional self-love mean to you?

2. Do you think there is such thing as too much self-love?

3. Why do you think self love is important?

4. How do you think your life would change if you started practicing self-love?

5. What's standing in the way of your accepting yourself? What can you do to change that?

6. Are you comfortable being alone? Why? Why not?

7. What makes you feel most alive?

8. What do you need to start saying "yes" to?

9. What personal or professional achievements are you especially proud of?

10. What's something that you're really good at?

11. What do you like about yourself? Why?

12. What do you most dislike about yourself and why?

13. Are the things you dislike about yourself really true?

14. What can you do to “fill your own cup” before helping others?

15. Where in your life do you need to slow down?

16. When you're having a bad day, what's one thing that consistently boosts your mood?

17. What makes you lose track of the time?

18. What is the best compliment you've ever been given?

19. What mistakes do you need to forgive yourself for? What can you learn from your mistakes?

20. What activities, habits or people make you feel unhappy? How can you let them go?

21. What negative beliefs do you have about yourself? Are they true?

22. How can you feel more fulfilled in your life?

23. What are some self love affirmations that you could say to yourself?

The following are some examples:

- I accept love from myself.
- I can do anything I set my mind to.
- I deserve good things.
- I deserve love.
- I embrace who I am.
