

# SELF-LOVE

## Worksheets



INEFFABLE LIVING

## Self-Care Commitment

I \_\_\_\_\_ agree to:

- Challenge my negative self-talk
- Self-validate and encourage myself
- Practice self-compassion and speak to myself like a friend
- Listen to my body and meet my needs
- Become assertive
- Enjoy myself
- Show up as my authentic self in relationships
- Prioritize my needs and wellbeing
- Ask for what I need
- Become aware of my self-sabotaging behaviors
- Allow myself to feel my emotions and honor them
- Acknowledge and address the impact of my past
- Seek help when I sense that I'm struggling

Signed, \_\_\_\_\_

# Self-Care Journaling Prompts

## Identify Your Misconceptions About Self-Care

1. Which of these common misconceptions about self-care do you believe?

Self-care is:

- selfish
- a waste of time
- lazy
- not important
- time-consuming
- a sign of failure
- weak
- expensive
- a reward I need to earn
- just for women

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2. How do your misconceptions about self-care make it difficult for you to take care of yourself?

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### **Challenge You Negative Beliefs About Self-Care**

When you believe that self-care is selfish, or a waste of time, or wrong in general, you may end up feeling guilty when you engage in it.

1. List a specific self-care activity you know you need but feel guilty about.

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2. What would you tell a friend in the same situation experiencing the same feeling of guilt? Would you be understanding and supportive? Or would you say it's selfish or a waste of time?

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### **Create a Self-Care Plan That Meets Your Unique Needs**

Take a moment to answer the following question:

1. How do I feel right now? Name your feelings and try to be as descriptive as you can.

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2. How does my body feel? Notice any tension, pain, temperature, heart rate, breathing, and so forth.

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3. What do I need right now to bring myself back to wellness?

Some common human needs may include:

- food and water
- sleep
- physical activity or exercise
- rest or relaxation
- play or recreation
- safety (physical and emotional)
- belonging and social connection
- sense of purpose
- self-worth
- self-control
- self-expression
- connection to a higher power or something larger than yourself
- knowledge or understanding

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## **Decide How Best To Meet Your Needs**

The following are some examples to choose from and you can add some of your own:

- Go outside and enjoy nature
- Go for a walk
- Journal
- Have coffee with a friend
- Do a guided meditation
- Go to a religious service
- Watch the sunrise or sunset
- Read a good book
- Write yourself a love letter
- Talk to a therapist
- Eat a healthy meal
- Put on some music and dance
- Practice yoga
- Listen to a podcast
- Practice deep breathing
- Call a loved one
- Play with your pet
- Watch a funny youtube video
- Bike ride
- Light a scented candle or diffuse essential oils

| Need | Self-Care Activities |
|------|----------------------|
|      |                      |

**Give Yourself Permission**

Use the following statement:

I give myself permission to.....(self-care activity) as a way of taking care of.....(need)

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## Body Image

1. What aspects of your physical appearance do you really dislike?

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2. Do you focus more on what you dislike about your looks than on what you like?

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3. Do you attach your self-worth to your looks?

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4. Do you avoid certain activities or situations because you feel self-conscious?  
Specify them.

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5. Do you often use clothes or cosmetics to cover up the “flaws” in your looks?

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6. Do you spend a lot of time worrying about what others think of your appearance?

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7. Do you spend a lot of time, effort, or money trying to “fix” your looks?

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8. Do your feelings about your appearance get in the way of accepting yourself and enjoying your life?

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## Healing Body Shame

The body can become the holder of shame. It can become the reason for self-dislike.

This is especially true if your body was ridiculed or mistreated.

1. What parts of your body do you least like? Why?

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2. Take a few minutes to feel compassion toward that part of your body. Reflect on why you could appreciate or have appreciated that body part:

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## Exercise: Boost Your Self-Esteem

1. Write down about personal causes and experiences that affected your self-esteem. (e.g. Repeated experience of being put down, Possible experience of being treated in a particular way within a family framework, Criticism and negative messages from parents or school environment, Bullying from a parental figure or school peers, etc.)

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2. Were there times when your self-esteem was a little better than it is now? Was there anything you were doing before, that you are not doing now (reading, writing, sport, cooking, meeting friends, gardening, taking a walk, traveling, painting, etc.)?

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3. Consider the strengths below and choose the ones that describe you. You can add ones of your own:

accepting of others, brave, cheerful, committed, composed, confident, self-assured, cooperative, creative in problem-solving, curious, reliable, moral, honest, forgiving, generous, grateful, humble, fair, kind, compassionate, loving, loyal, open-minded, optimistic, patient, persistent, wise, punctual, rational, self-accepting, able to regulate emotions, sensitive, peaceful, sincere, spontaneous, consistent, trustworthy

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4. Write down five positive statements about yourself that are meaningful, realistic, and true. (e.g. “I am a responsible member of my family,” or, “I am a supportive listener,” or, “I treat others with respect and I am open to new ideas.”)

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Once you’ve completed your list, meditate on each one of these statements and the evidence for its accuracy for a minute or two

5. Create a list of positive affirmations personal to you.

Following is a list of statements of a positive inner dialogue:

- I accept myself because I realize that there is more to me than my current skill levels and shortcomings.
- I examine criticism for ways to improve, without questioning my worth as a human being.
- I notice and enjoy each achievement or progress, no matter how insignificant it may seem to me or others.

- I expect others to like and respect me.
- I can laugh at some of the ridiculous things I do every now and then.
- I enjoy making others feel happier and glad for the time that we share.

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6. Challenge limiting beliefs about yourself.

- Identify your limiting beliefs about your abilities, personality, how you ought to act, other people, or even the world in general such as telling yourself “good things never last.”

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- What would be a less extreme belief (or beliefs) that I might hold?

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- What would be the advantages for me of holding the new belief(s) rather than

the limiting one(s)?

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- What would be the potential disadvantages for me of holding the new belief(s) instead of the old one(s)?

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Write down a list of pleasant activities you can do to help you take care of yourself.

You can inspire from the list by circling the activities you think will help you:

1. Soaking in the bathtub
2. Taking deep breaths
3. Recycling old items
4. Relaxing
5. Going to a movie in the middle of the week
6. Jogging, walking
7. Lying in the sun
8. Laughing
9. Listening to others
10. Reading magazines or newspapers
11. Hobbies (stamp collecting, model building)
12. Spending an evening with good friends

13. Practicing karate, judo, yoga
14. Repairing things around the house
15. Working on my car (bicycle)
16. Remembering the words and deeds of loving people
17. Wearing sexy clothes
18. Having quiet evenings
19. Taking care of my plants
20. Going swimming
21. Exercising
22. Having discussions with friends
23. Having family get-togethers
24. Singing around the house
25. Practicing religion (going to church, group praying, etc.)
26. Losing weight
27. Going to the beach
28. Thinking I'm an OK person
29. A day with nothing to do
30. Playing musical instruments
31. Doing arts and crafts
32. Making a gift for someone
33. Cooking
34. Writing short stories, novels, poems, or articles
35. Working
36. Reading books
37. Discussing books
38. Sightseeing
39. Gardening
40. Going to the beauty parlor
41. Early morning coffee and newspaper
42. Playing tennis
43. Play with children
44. Daydreaming
45. Eating a favorite food
46. Teaching
47. Photography
48. Playing with animals
49. Writing diary entries or letters
50. Cleaning
51. Taking children places
52. Dancing



53. Meditating
54. Having lunch with a friend
55. Thinking about people I like
56. Doing crossword puzzles
57. Dressing up and looking nice
58. Reflecting on how I've improved
59. Lighting candles
60. Listening to the radio
61. Being in the country
62. Making contributions to religious, charitable, or other groups
63. Doing something nice for my parents
64. Taking a shower
65. Canning, freezing, making preserves, etc.
66. Listening to the sounds of nature
67. Having friends come to visit
68. Helping someone
69. Hearing jokes
70. Improving my health (having my teeth fixed, getting new glasses, changing my diet)
71. Loaning something
72. Coaching someone
73. Getting up early in the morning
74. Saying prayers
75. Giving a massage
76. Doing housework or laundry
77. Going to the library
78. Building or watching a fire

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## Personal Bill of Rights

- I have the right not to be responsible for the actions and problems of others.
- I have the right not to justify my behavior and my decisions.
- I have the right to ask for what I want.
- I have the right to be angry at someone I love.
- I have the right to change my mind.
- I have the right to determine my own priorities.
- I have the right to expect honesty and respect from others.
- I have the right to express all of my feelings—positive and negative.
- I have the right to feel safe, and be in non-abusive relationships.
- I have the right to follow my own values and beliefs.
- I have the right to make mistakes.
- I have the right to say no to anything that conflicts with my values.
- I have the right to say no to demands that I cannot meet.
- I have the right to say, “I don’t know.”
- I have the right to be healthier than those around me.
- I have the right to be myself.
- I have the right to change and grow.

## Self-Compassionate Statements

- I am at peace with being imperfect.
- I am fallible just like everyone else. And that's okay.
- I have strengths and weaknesses. Everyone does.
- I see myself as generally capable. I can do lots of things well.
- Even though I'm imperfect, I'm still a worthwhile person.
- Bad times don't define me. I am so much more than that.
- Being treated poorly does not change my core worth.
- I can laugh at the silly things I do sometimes.
- I can find something to enjoy or appreciate each day, no matter what.
- It's okay to sometimes feel emotional pain.
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# Self-Care Ideas

## The Big List



### EMOTIONAL SELF-CARE

- Allow yourself to cry
- Allow yourself to feel and express all of your feelings safely
- Develop a relaxing evening ritual
- Early morning coffee and newspaper
- Empower yourself through learning and psychoeducation
- Find things that make you laugh
- Flip through old photo albums
- Give yourself affirmations
- Praise yourself
- Go outside and watch the clouds
- Go to the ballet or opera
- Identify comforting activities, objects, people, relationships, places and seek them out
- Intentionally schedule “me time” on your calendar
- Learn to say “no.”
- Light scented candles, oils or incense
- Listen to the radio
- Look at pictures of loved ones
- Make a playlist of upbeat songs
- Make time for self-reflection
- Plant a garden
- Play video games
- Practice receiving from others
- Put up a framed picture or artwork
- Relax
- Reward yourself for completing small tasks
- See a therapist regularly or during times of high stress
- Seek out peer support
- Spend time alone
- Start a gratitude journal
- Take a moment to express gratitude
- Try some adult coloring as a form of anxiety and/or stress release
- Try some mindful exercises to help bring you into the present moment
- Turn off electronic devices for an hour (e.g. computer, phone, TV)
- Write things you like about yourself

# Self-Care Ideas

## The Big List



### INTELLECTUAL SELF-CARE

- Be curious
- Clear your email inbox
- Do arts and crafts
- Do jigsaw puzzles
- Enter a competition
- Go to a free public lecture
- Go to a games arcade
- Go to a library
- Go to a quiz or trivia night
- Go to karaoke
- Go to see live stand-up comedy
- Hobbies (stamp collect, model build, etc.)
- Join a public-speaking group
- Learn a new language
- Listen to a podcast
- Listen to an audiobook
- Listen to classical music
- Make a 'To-Do' list of tasks
- Play cards
- Read fiction
- Play musical instruments
- Read classic literature
- Read non-fiction
- Read your favorite book
- Research a topic of interest
- Re-watch a favorite movie
- See a movie at the drive-in or outdoor cinema
- Sketch, paint
- Surf the internet
- Take a cooking class
- Take photographs
- Use online tutorials to learn something new
- Visit a museum or local art gallery
- Watch TV, videos
- Write (e.g. poems, articles, blog, books)
- Write in your journal

# Self-Care Ideas

## The Big List



### PHYSICAL SELF-CARE

- Change your hair color
- Cook your favorite meal
- Do some stretching exercises
- Do yoga, tai chi, or Pilates, or take classes to learn
- Drink more water
- Eat chocolate
- Exercise
- Get a massage
- Get medical care when needed
- Get regular medical care for prevention
- Go borrow a friend's dog and take it to the park
- Go camping
- Go dancing
- Go for a bike ride
- Go for a drive in your car
- Go for a swim
- Go get a haircut
- Go hiking, camping, or backpacking
- Go horseback riding
- Go out and spend 10 minutes under the sun
- Go out for something to eat
- Go shopping
- Go to a fair or fete
- Go to a spa
- Go to bed early
- Go to the beach
- Go to the zoo or aquarium
- Have a warm drink
- Jump on a trampoline
- Lift weights
- Put moisturizing cream on my face / body
- Put on perfume or cologne
- Sleep or take a nap
- Stretch your muscles
- Take a walk
- Take time off when needed
- Trim your nails
- Walk barefoot on soft grass
- Wear an outfit that makes me feel good

# Self-Care Ideas

## The Big List



### SOCIAL SELF-CARE

- Ask for help
- Avoid toxic people
- Buy gifts
- Call a trusted friend or family member
- Choose who you spend your time with today
- Donate old clothes or items to charity
- Give your pet a bath
- Go online to chat
- Go out and visit a friend
- Have a video call with someone who lives far away
- Hold hands
- Intentionally reconnect with someone you've lost touch with
- Join a support group
- Join an internet dating site
- Play chess (with a friend or at a local club)
- Schedule a regular date night with your significant other
- Schedule a self-care idea each day for the next week
- Send a loved one a card in the mail
- Spend an evening with good friends
- Take a road trip with your siblings
- Take children places
- Talk to or introduce myself to my neighbors
- Teach a special skill to someone else (e.g. knitt, woodwork, paint, language)

### WORKPLACE SELF-CARE

- Arrange your workspace so it is comfortable
- Ask for help when needed
- Balance your workload so that no one day is too much
- Don't eat at your desk
- Start a peer support group
- Take a real break every few hours
- Use paid time off

# Self-Care Ideas

## The Big List



### SPIRITUAL SELF-CARE

- Advocate for others. Find ways to make changes for the betterment of society
- Bake something to share with others (e.g. family, neighbours, friends, work colleagues)
- Be aware of nonmaterial aspects of life
- Be open to not knowing
- Do 5 minutes of calm deep breath
- Do a 10-minute body scan technique to check in with each part of your body
- Do a favor for someone
- Do something nice for someone in secret
- Donate blood
- Donate money to a charity of your choosing
- Express gratitude
- Give positive feedback about something
- Go to your church, mosque, synagogue, temple, or other place of worship
- Have experiences of awe
- Help someone in some way
- Identify what is meaningful to you
- Meditate
- Memorialize loved ones who have passed on
- Pray
- Read inspirational literature
- Spend time in nature
- Volunteer at an animal shelter
- Write a letter to your higher power

### OTHER SELF-CARE IDEAS

- Build a bird house or feeder
- Buy new stationary
- Do the dishes
- Do woodwork
- Feed the birds
- Hold a garage sale
- Make jams or preserves
- Make your bed with fresh sheets



Schedule a self-care idea each day for the next week





# GRATITUDE LIST



TODAY I AM GRATEFUL FOR

- .....
- .....
- .....
- .....
- .....
- .....
- .....
- .....
- .....
- .....

# DAILY PLANNER

DATE

PERIOD 1

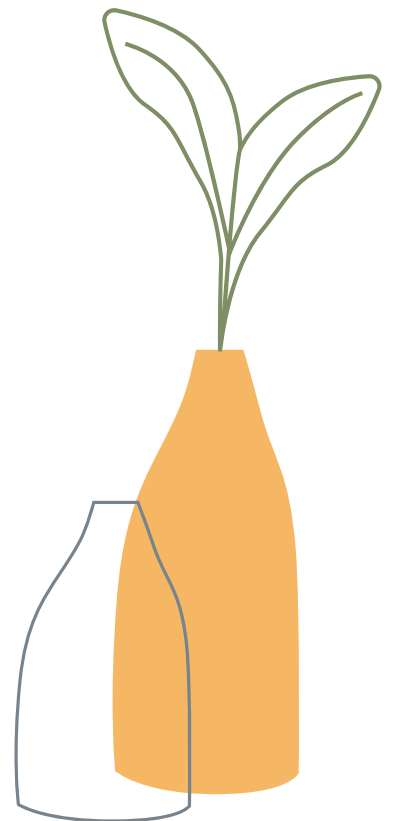
PERIOD 2

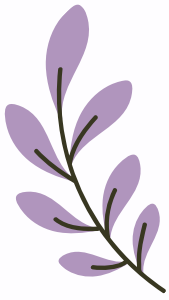
PERIOD 3

PERIOD 4

PERIOD 5

TO DO





# TO-DO LIST



## TODAY LIST

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