

Self-love worksheets free: Version 2

Remember! it is okay not to be perfect:

Nobody is perfect, and don't try to set unachievable targets for yourself.

Own your flaws:

There are certain things in life that you can't change, accept your weaknesses, flaws, and negatives and own them. Try to learn from your mistakes and move on in life.

Indulge in self-care:

Getting ready or taking care of yourself will be able to boost your confidence.

Write down your strengths:

Write down in a diary how come you have achieved so much more in your life.

Positive self-talk:

Whenever you feel that negative thought or emotion comes to your mind, try to turn that into something positive and rephrase your negative self-blaming thoughts into healthy thoughts.

Celebrate every achievement:

We all have our own imperfections and proud moments, nobody is perfect and is a jack of all. Try to remember your achievements and proud moments.

Surround yourself with supportive people:

It is very important to surround yourself with people who help and build your self-confidence.