Property of:

What is the biggest obstacle for you to start loving yourself?

Dismiss the idea "I'm not good enough" in 5 practical steps.


Name at least 10 reasons to thank yourself.

Count how many days you can hold on without criticizing yourself about anything. Why is this?

#### What are the things you don't want to do, yet you can't say "no" to?

What would you get rid of at this very moment?

Count 5 things that are unique to you.


# Which self-talk sentence puts you in an instant feel-good mood?


Which is your face's most beautiful feature?

For what could you say "thank you" to yourself?

### What is your biggest fear? How do you think you could face it?


Count 5 things you have invented yourself. Ex. a particular way of folding clothes.

Write down a list of things you've done for yourself as a "loving yourself" act.

Write down who could you really be if you wanted to.

Have you ever took yourself out to dinner?

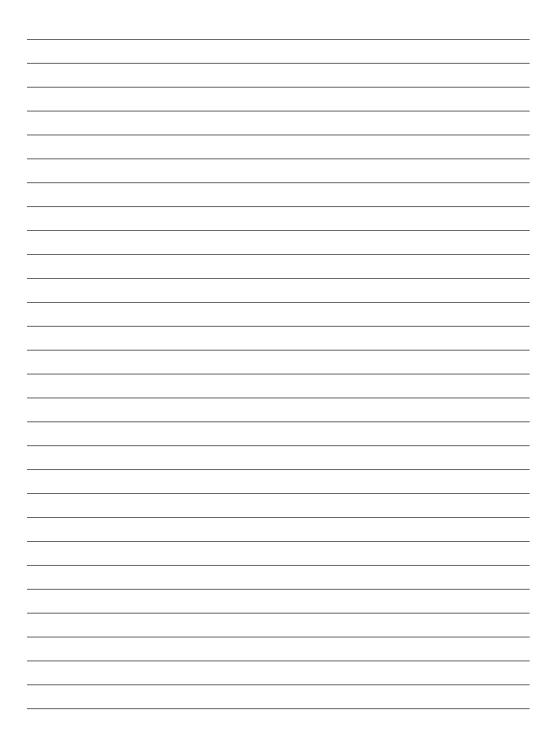
## What would you change about yourself to make the world a better place?

## How many people or animals have you helped until now and how?

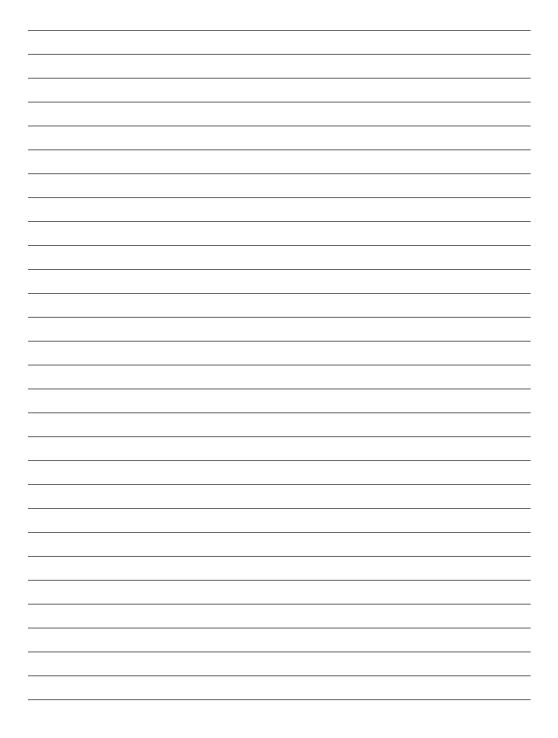

What can you do to make yourself happy in the next 24h?



Just how similar are you with your personal role models?



Describe your positive attributes by using only one word. Explain why that one in particular.



Think of one small step you could practice daily to help you create an even better version of you.

Write down your beliefs that are similar to your parent's.



Which sentence or phrase do you use most commonly when criticizing yourself?

What would you say to the entire world?

How could you set your standards higher?