

MY SELF LOVE CHART

MONDAY

List 3 things
you love
about
yourself.

TUESDAY

Share a
time when
you were
proud of
yourself.

WEDNESDAY

Write or say
a positive
affirmation
out loud.



THURSDAY

Think of one
way you
showed
kindness
today.

FRIDAY

Draw or
describe
something
unique
about you.

SATURDAY

Talk about a
mistake you
made and
what you
learned
from it.

SUNDAY

Celebrate something great about yourself today!

