



# **SELF LOVE PLANNER**

**#fosteringselflove**



# SELF LOVE CHECKLIST

One way to stay on track with your self-love is to use a daily checklist. This checklist will help you to nurture your self-love on a daily basis. Feel free to add any new ideas you might have. Plus, there may be additional things that you might want to do on a weekly basis, such as doing something that makes you like yourself more.

- ☐ List five things that fill me gratitude.
- ☐ List five things that I like about myself.
- ☐ Read on the topic of self-love or self-esteem for 15 minutes.
- ☐ Eat a healthy breakfast.
- ☐ Eat a healthy lunch.
- ☐ Eat a healthy dinner.
- ☐ Exercise for 20 minutes.
- ☐ Repeat affirmations at least twice.
- ☐ Send myself a quick self-love message.
- ☐ Make a request of someone.
- ☐ Declutter a room for 10 minutes.
- ☐ De-stress for at least 15 minutes.
- ☐ Spend time doing something I love.
- ☐ Write in journal for 10 minutes.
- ☐ Do something that needs to be done.

Use this checklist each day until you get into the habit of doing things that make you feel good about yourself throughout the day. Enjoy this journey and see your self-love grow!

[illegible]

HOW I'M FEELING TODAY:

ONE GOAL FOR TODAY:

I'M PROUD OF MYSELF FOR:

# WEEKLY REFLECTION

Things that made me happy this week

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Things that were hard or stressful this week

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How can my past experiences help me in the future

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# DAILY REFLECTION

Good things that happened today

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Things that were hard or stressful today

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What can I do to make tomorrow great

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# THE HAPPY LIST

WRITE DOWN ACTIVITIES THAT WILL MAKE YOU FEEL  
HAPPY

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## THOUGHTS TRACKER

## SITUATION

THOUGHT

NEW THOUGHT

[illegible]



# LETTER OF FORGIVENESS

I FORGIVE MYSELF FOR

NEXT TIME I WILL


# SELF-ESTEEM JOURNAL

I love about myself



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Others say I'm good at



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What's unique about me



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# MOOD TRACKER

WEEK OF

I FEEL

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SU

HAPPY

SAD

EXCITED

ANGRY

RELAXED

TIRED

ACTIVE

AVERAGE

INSECURE

## CONTENT

# SELF-CARE PLANNER

WRITE DOWN YOUR SELF-CARE ACTIONS


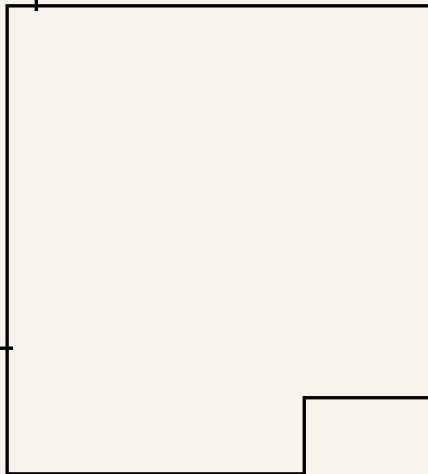
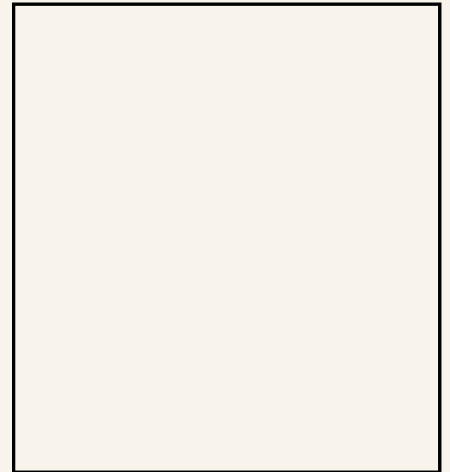
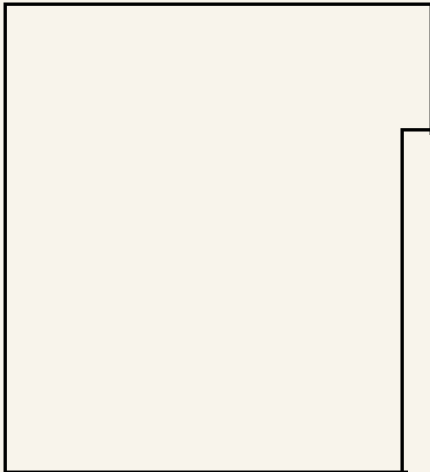
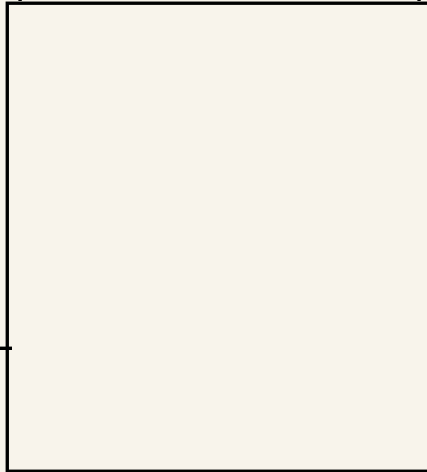
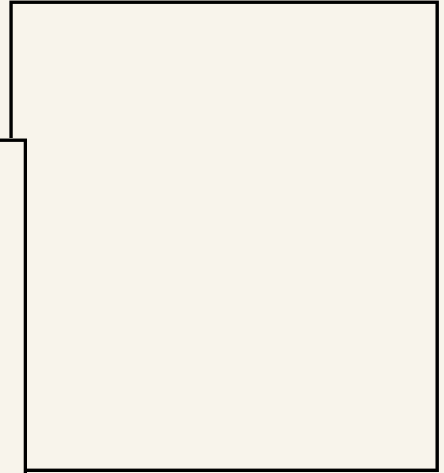
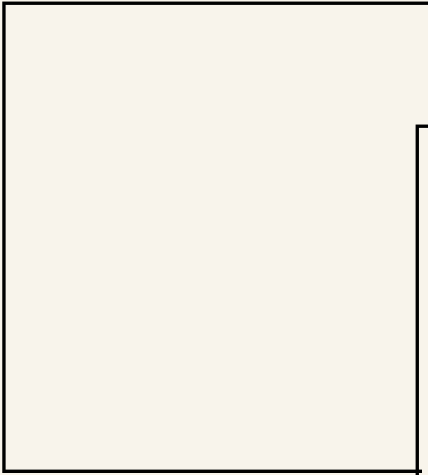
	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

# WATER LOG

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

# UN-DO LIST

WRITE DOWN THINGS YOU WANT TO STOP  
DOING





# BRAIN DUMP

WRITE EVERY LITTLE THING THAT COMES TO YOUR MIND

PERSONAL

WORK/HOME

I'D LIKE TO LEARN

# SELF-LOVE LIST

FAVORITE  
AFFIRMATIONS

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COMPLIMENTS TO  
MYSELF

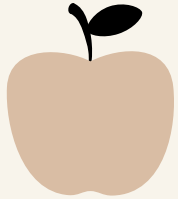
I'M PROUD OF

# MY SLEEP TRACKER

Date	Hours	Notes
1	1 2 3 4 5 6 7 8 9 10 11 12	
2	1 2 3 4 5 6 7 8 9 10 11 12	
3	1 2 3 4 5 6 7 8 9 10 11 12	
4	1 2 3 4 5 6 7 8 9 10 11 12	
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25	1 2 3 4 5 6 7 8 9 10 11 12	
26	1 2 3 4 5 6 7 8 9 10 11 12	
27	1 2 3 4 5 6 7 8 9 10 11 12	
28	1 2 3 4 5 6 7 8 9 10 11 12	
29	1 2 3 4 5 6 7 8 9 10 11 12	
30	1 2 3 4 5 6 7 8 9 10 11 12	
31	1 2 3 4 5 6 7 8 9 10 11 12	

# SELF-CARE ROUTINE

Body and health



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Relationship  
with other



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Rest and relaxation



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Soul and  
inner growth



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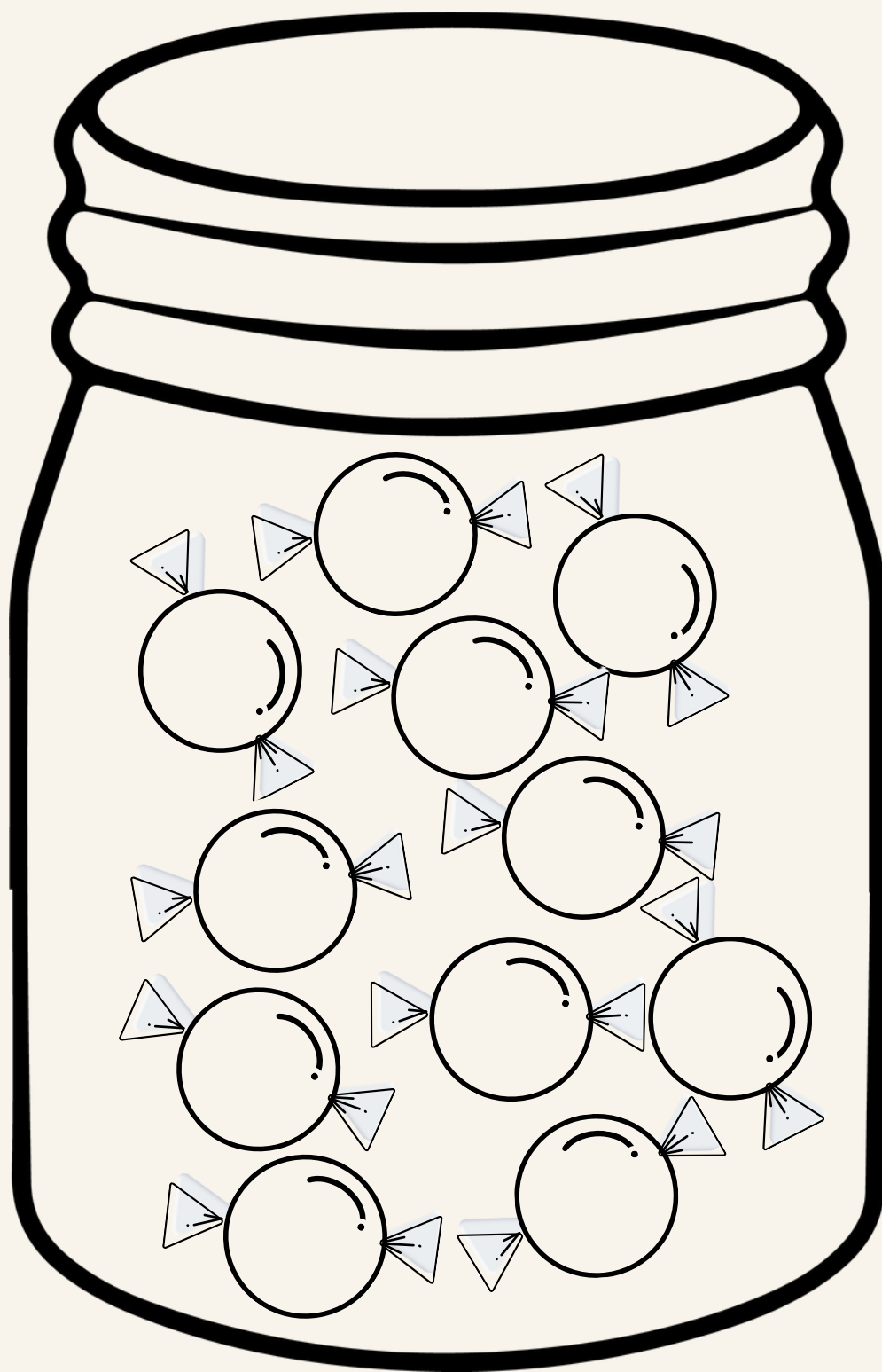
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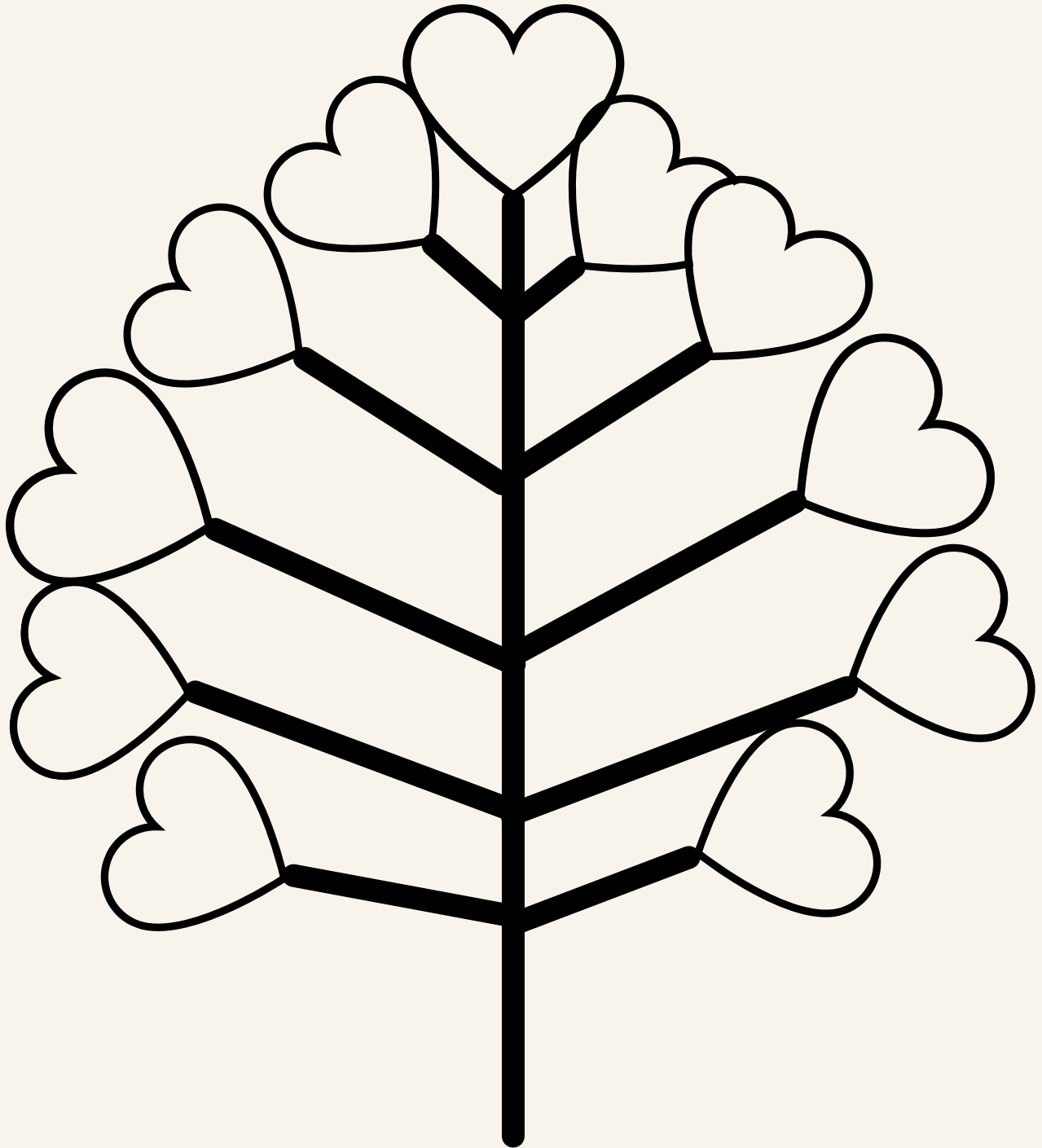
# SELF-CARE JAR

WRITE DOWN YOUR SELF-CARE IDEAS AND COLOR IN EACH CANDY WHEN GOALS ARE REACHED



# SELF-LOVE TREE

START GROWING YOUR SELF-LOVE TREE BY ADDING THINGS YOU LOVE ABOUT YOURSELF TO EACH HEART ANF COLORING IT IN



# COMPLETE SELF MAKEOVER

Enhancing your self-concept will enhance your ability to compete in the world and achieve success. You also gain the added benefit of feeling good about yourself and your life. A self-concept can either be limiting or uplifting.

1. What are the limiting beliefs I hold that were created through past experiences?

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2. Are these limiting beliefs valid? Where did they come from? Is it possible I interpreted the situation incorrectly?

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3. How is my current life limiting my beliefs about myself, my capabilities, and my ability to control my future and my environment?

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# COMPLETE SELF MAKEOVER

4. What changes do I need to make to my finances, health, and social life to support a more effective self-concept?

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5. Who do I want to become? Who do I admire?

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6. How would I rate my self-esteem? What are the biggest barriers to feeling better about myself and what can I do to overcome those barriers?

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## WHAT CAN I DO TODAY TO

Write whatever pops into your mind when thinking about this question

This image shows a single sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

# NOTES



*made with you in mind*