

Transformational Self-Love Worksheet

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The situation: *(Explore all areas of your life i.e. my physical, mental, emotional health, my spirituality, my career, my finances, my relationships, a challenging situation etc.)*

What would loving myself look like regarding this?

What am I going to do about it? Or, what actions am I going to take regarding this?

Am I worthy of taking these actions?

When/How am I going to start doing this?

Track my Progress: *Keep track of your progress in awareness's in a notebook or journal!*