**Self-Care is Self-Love❤️Reflection Worksheet**

**Instructions:** Take some time to reflect on self-care, self-love, and the practices mentioned in the "What is Self-Care? Self-Care is Self-Love" Handout. Use the space below to write your thoughts, feelings, and insights.

1. **Self-Compassion:**
   * Reflect on a recent situation where you felt challenged or struggled. How did you respond to yourself in that moment? Did you show yourself kindness and understanding, or were you self-critical? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   * Write down ways you can practice self-compassion in moments of difficulty or imperfection.

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1. **Self-Care:**
   * **List activities that you enjoy** and that nourish your physical, emotional, mental, and spiritual well-being. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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* + **Choose one self-care activity from your list** and commit to incorporating it into your routine this week. Write down when and how you will do it.

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1. **Self-Acceptance:**
   * Reflect on aspects of yourself that you tend to judge or criticize. How can you shift towards self-acceptance in those areas? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_
   * Write down affirmations or statements of self-love and acceptance that you can repeat to yourself daily. \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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1. **Self-Worth:**
   * Consider times when you have doubted your worth or value. How can you remind yourself of your inherent value and deservingness? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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* + Write down affirmations or reminders of your worthiness that you can refer to when needed.

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1. **Self-Respect:**
   * Reflect on situations where you have struggled to set boundaries or prioritize your own needs. How can you honor your boundaries more effectively? \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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* + Write down specific boundaries you want to set and actions you can take to uphold them.

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**Reflection:** Take a moment to reflect on **what self-care/self-love means to you** and how you can cultivate it in your life. Write down any insights or commitments you have made to yourself.

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Remember that self-care and self-love is an **ONGOING PRACTICE.**

Be patient and gentle with yourself as you navigate this journey of nurturing and caring for yourself.

You deserve love❤️, kindness, and compassion at all times!

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