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Self-Love Workbook

This free self-love workbook gathers five of our worksheets into one printable PDF: see how you treat yourself now, practise self-compassion, plan realistic self-care, protect your time and energy with boundaries, and notice what's good. It turns 'love yourself' into small things you actually do, and needs no email or sign-up.

What's inside

1. **Self-Love Worksheet.** Start by looking honestly at how you treat yourself, and the needs you keep putting last.
2. **Self-Compassion Worksheet.** Learn to answer yourself kindly when things go wrong, which is where self-love is tested most.
3. **Self-Care Worksheet.** Turn care into a small, realistic plan for ordinary days, without spending money.
4. **Boundaries Worksheet.** Protect what you've started: decide where your limits are and how to say them.
5. **Gratitude Journal Prompts.** End on noticing what's good in your days, including the good in you.

How to use it

- Go in order the first time, then return to whichever page you need most.
- If a kind phrase feels fake, change the words until it sounds like you.
- Pick one small action from each worksheet rather than trying to change everything.
- Come back to it on a hard day. That's when it's most useful.

If things feel heavier than a worksheet can hold

These are self-reflection tools, not therapy. If you're struggling, especially if you have any thoughts of harming yourself, please reach out to someone now. In the US, call or text **988**. In the UK & Ireland, call **116 123** (Samaritans). Elsewhere, find a free helpline at **findahelpline.com**. If you're in immediate danger, call your local emergency number.

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My Self-Love Worksheet

Six exercises to move self-love out of your head and into how you actually treat yourself.

01 How do I treat myself right now?

If a friend treated me the way I treat myself, how kind would that be?

1 2 3 4 5 6 7 8 9 10

Quite harsh — Very kind

One way I'm hard on myself that I'd never be with a friend:

02 The needs I tend to ignore

Tick the ones you regularly override, then add your own.

- [ ] Rest and sleep
- [ ] Time alone to recharge
- [ ] Asking for help
- [ ] Saying no without guilt
- [ ] Movement / being in my body
- [ ] Connection with people I like
- [ ] Doing something just for enjoyment
- [ ] Eating properly, not on the run

Other needs I keep putting last:

_____

_____

03 A kinder reply in a hard moment

Bring to mind something you're struggling with, then write through these three steps, the heart of self-compassion practice.

1. This is hard right now. Name what's difficult:

2. I'm not the only one. How is this part of being human, something others feel too?

3. What do I need to hear right now? Say it to yourself, kindly:

04 Where I need a caring boundary

Self-love includes protecting your time and energy. Name a situation and the boundary that would honour you in it.

The situation	The boundary I'll set

05 Small acts of self-love this week

Concrete, doable, no project required. What will you actually do?

1.
2.
3.
4.
5.

06 A short letter to myself

Write a few lines to yourself the way someone who loves you would. Start with 'Dear me,'.

When you're done, a moment to reflect

- Which ignored need, if you met it consistently, would change your week the most?
- What's one thing you tolerate that someone who loved you wouldn't want you to?
- Did the letter feel awkward to write? What does that tell you?

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My Self-Compassion Worksheet

Seven short steps to meet one hard moment the way you'd meet a good friend's, ending with an evening journal to keep it going.

01 What's hard right now?

Start with one specific moment. Name it plainly, then notice how you've been treating yourself about it.

What's happening that's hard? In a line or two:

What have I been saying to myself about it? (the exact words)

How harshly am I treating myself about this right now?

1 2 3 4 5 6 7 8 9 10

Very gently — Very harshly

02 A self-compassion break

Kristin Neff's three-step practice. Bring the moment to mind and let yourself feel a little of it. If it helps, put a hand on your heart as you write.

1. Mindfulness: 'This is a moment of suffering.' What am I feeling, said plainly, without making it bigger or smaller?

2. Common humanity: 'I'm not alone.' Who else might feel this way in a situation like mine?

3. Kindness: 'May I be kind to myself.' What do I need to hear right now?

03 The friend test

Imagine a close friend came to you with this exact problem. Notice the difference between how you'd treat them and how you've been treating yourself.

What I'd say to a friend

And the tone I'd use

What I've said to myself

And the tone I've used

What am I afraid would happen if I spoke to myself the way I'd speak to them?

04 What do I need right now?

Self-compassion isn't only soothing. Sometimes the kind thing is to rest, and sometimes it's to act. Tick what fits.

- [ ] Comfort: to go gently and let this be hard for a while.
- [ ] Rest, or an early night.
- [ ] To talk to someone I trust.
- [ ] To say no, or set a limit, to protect myself.
- [ ] To take one small step to change something.
- [ ] To forgive myself, and make amends if I can.

One kind thing I'll do for myself today:

05 A letter from a kind friend

Imagine a friend who is completely kind and accepting. They see all your strengths and all your flaws, and they understand what shaped you. Write to yourself from them, about this moment or a flaw you often judge yourself for.

Start with 'Dear [your name],' and write as they would:

06 How do I feel now?

Re-rate it. It doesn't need to drop to zero. A little more warmth is the win.

How harshly am I treating myself about this now?

1 2 3 4 5 6 7 8 9 10

Very gently — Very harshly

A phrase I want to remember next time:

07 Keep it going: an evening journal

Neff suggests trying this every evening for a week. Note one thing from the day you felt bad about, then take it through the three parts.

Mindfulness	Common humanity	Kindness
How I felt, said plainly	How it's part of being human	What I'd say to myself kindly

When you're done, a moment to reflect

- When did you last treat a friend with real kindness? What would it take to give yourself the same?
- What does your harshest inner voice say most often, and whose voice does it sound like?
- What are you afraid would happen if you stopped being so hard on yourself?
- What are you struggling with that many other people struggle with too?
- What would having your own back look like this week?

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My Self-Care Worksheet

Seven short steps: a quick check across six areas of your life, what drains and refills you, your warning signs, a self-care menu, what gets in the way, a plan for this week and a check-in at the end of it.

01 A quick check across six areas

Rate how looked after each part of your life feels right now. There's no right score, and no one else's to compare with. It just shows you where to start.

Body: food, movement, health appointments, feeling physically OK

1 2 3 4 5 6 7 8 9 10

Running on empty — Well looked after

Rest: sleep, breaks, time when nothing is asked of me

1 2 3 4 5 6 7 8 9 10

Running on empty — Well looked after

Mind: room to think, learning something, less mental clutter

1 2 3 4 5 6 7 8 9 10

Running on empty — Well looked after

Feelings: noticing how I feel and letting it out somewhere safe

1 2 3 4 5 6 7 8 9 10

Running on empty — Well looked after

People: time with people who are good for me, and help when I need it

1 2 3 4 5 6 7 8 9 10

Running on empty — Well looked after

Meaning and space: things that matter to me, time outdoors, quiet

1 2 3 4 5 6 7 8 9 10

Running on empty — Well looked after

Things I already do that help, even small ones:

02 What drains me, and what refills me

Think about a normal week. On the left, write the things that leave you tired, tense or flat. Next to each one, write something small that helps you recover from it.

What drains me A task, a person, a time of day	What refills me after it Small, free and realistic

03 My warning signs that I'm running low

Most of us have our own early signals before we hit empty. Tick the ones you recognise, then add your own. Catching them early means a smaller fix.

- [ ] I snap at people over small things
- [ ] I'm sleeping badly, or sleeping a lot and still tired
- [ ] I skip meals or live on snacks
- [ ] I scroll for hours without enjoying it
- [ ] I cancel plans or stop replying to messages
- [ ] Small jobs feel huge, so I put everything off
- [ ] I stop doing the things I normally enjoy
- [ ] Headaches, a tight jaw or tense shoulders

My own early warning signs:

_____

_____

04 My self-care menu

A list of options you'd actually do, sorted by how much time they take. When you're low, you won't have the energy to think of ideas, so write them now. Keep them free or nearly free.

5 minutes

e.g. a glass of water, stepping outside, stretching, one song

30 minutes

e.g. a walk, cooking something simple, a call with a friend

Bigger

e.g. a free afternoon, a day out, sorting a health appointment

05 What gets in the way, and a kinder reply

Guilt, no time, 'other people have it worse'. Write down the thoughts that stop you, then answer each one the way you would if a friend said it.

What stops me

e.g. 'I don't have time' or 'it's selfish'

A kinder, truer reply

e.g. 'Five minutes counts' or 'I can't help anyone on empty'

06 My self-care plan for this week

Pick two or three things from your menu, not ten. Then decide exactly when and where, for example 'After I drop the kids off, I'll walk the long way home'. A plan tied to a moment is usually easier to keep than a good intention.

What I'll do From my menu	When and where After... / On... at...	Done? Tick or note how it went

If I miss a day, what I'll tell myself (and when I'll pick it back up):

07 End-of-week check-in

Come back to this in a week. You're not grading yourself, just noticing what helped so next week's plan can be a little better.

Overall, how looked after do I feel this week?

1 2 3 4 5 6 7 8 9 10

Running on empty — Well looked after

What helped most, and what I'll keep:

What didn't fit, and what I'll try instead:

When you're done, a moment to reflect

- When did you last feel properly rested? What was different about that time?
- Who in your life makes you feel more like yourself, and when did you last see them?
- What do you do for other people that you never let yourself have?
- What would you tell a friend who was as tired as you are right now?
- If you could protect just one small thing in your week, what would it be?

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My Boundaries Worksheet

Six short steps to go from 'I need better boundaries' to one clear boundary you can say and keep. If someone in your life is controlling, threatening or violent, a boundary can make things more dangerous: talk to a domestic abuse service first (England 0808 2000 247, Scotland 0800 027 1234, Wales 0808 80 10 800, Northern Ireland 0808 802 1414, US 1-800-799-7233).

01 Where do I need a boundary?

Tick the areas where you've been giving more than you want to. Then add your own.

- [ ] My time (evenings, weekends, last-minute favours)
- [ ] My energy (being everyone's listener or fixer)
- [ ] Work creeping into home (messages, emails, being on call)
- [ ] Money or belongings (lending, paying, sharing)
- [ ] My body or space (touch, privacy, my room or desk)
- [ ] Topics I don't want to discuss (weight, plans, my relationship)
- [ ] How I'm spoken to (criticism, jokes at my expense, raised voices)

How often do I feel resentful after saying yes?

1 2 3 4 5 6 7 8 9 10

Hardly ever — Almost always

02 The signals

Resentment, dread and exhaustion are often the first sign a limit is missing. Think of recent moments when you felt one of them.

The situation	What I felt resentment, dread, drained, guilty

The one I'll work on first (pick something small):

03 My boundary, as something I'll do

Write the limit as your own action, not as a rule for someone else. You can keep this boundary whatever they do.

Instead of 'they need to...', my boundary is 'I will...':

e.g. 'I'll answer non-urgent messages in the morning', not 'they must stop messaging late'

Why this matters to me:

04 The words I'll use

Plan it before the moment arrives. Keep each part short and kind. You don't need a long justification.

What's happening (just the facts):

How it affects me:

What I'm asking for, or saying no to:

Why it helps (us, or me):

Put together, in my own words:

05 If it's crossed

The follow-through is the boundary; the words just announce it. Decide now, so you're not deciding under pressure. If following through could put you at risk, don't: talk to a domestic abuse service instead (England 0808 2000 247, Scotland 0800 027 1234, Wales 0808 80 10 800, Northern Ireland 0808 802 1414, US 1-800-799-7233).

If the boundary isn't respected, what I'll calmly do:

e.g. end the call, leave, hand the task back, repeat it once

What I'll tell myself when the guilt kicks in:

06 Practise it

When and where I'll say it:

How confident do I feel about saying it?

1 2 3 4 5 6 7 8 9 10

Not at all — Completely

Afterwards: what actually happened, and what I learned:

When you're done, a moment to reflect

- What did you fear would happen when you set the boundary, and what actually happened?
- Where else in your life might the same boundary, or a gentler version of it, help?
- What would change if you trusted that people who care about you can handle a clear, kind no?

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My Gratitude Journal

Six short prompts to notice and savour what's already good, plus a list of extra prompts to take away and reuse.

01 Settle in

How easy is it to notice good things today?

1 2 3 4 5 6 7 8 9 10

Really hard right now — Coming easily

One small good thing about right now, this minute:

02 Three good things from today

The classic exercise. Write three things that went well, however small, and a word on why each one mattered or how it came about.

What went well	Why it mattered, or how it happened

03 A person I'm grateful for

Gratitude often feels strongest when it has a face. Pick one person, recent or from long ago.

Who, and what they did:

Have I ever actually told them? If not, what would I say?

04 Something ordinary I usually walk past

The everyday things you stop seeing because they're always there: a warm shower, a working body, a quiet street, someone who texts back.

One ordinary thing I'd genuinely miss if it were gone:

05 A hard thing that also gave me something

This one is gentle, not forced. Not every difficulty has a silver lining, and you don't have to find one. But sometimes a tough stretch also taught, strengthened, or rearranged something for the better.

A difficulty that, looking back, also gave me something, and what that was:

06 Savour one of them

Pick the entry above that has the most warmth in it, and slow down on it. Gratitude grows when you relive a good thing in detail rather than just listing it.

Replay it: where you were, what you saw and felt, why it stays with you.

07 Prompts to take with you

Tick these off over the coming weeks. One is plenty for a sitting. Variety keeps the practice from going stale.

- [ ] What made me smile, even briefly, today?
- [ ] Who has helped me get to where I am, and how?
- [ ] What do I have now that I once hoped for?
- [ ] What in my body or health am I glad of today?
- [ ] What small comfort would I miss most if it vanished?
- [ ] What's something about today I won't get to do forever?
- [ ] Who could I thank this week, and haven't?
- [ ] What went right that I had nothing to do with?

When you're done, a moment to reflect

- Which entry carried the most actual warmth, not just the one you 'should' feel grateful for?
- Was anything harder to write than you expected, and what might that be pointing at?
- Who came up that you could genuinely thank this week?

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