



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 self-compassion break

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?

Free worksheet from selfgrowth.org. Free self-growth worksheets for real life.

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.