



# Self Love

## 20 DAY STEPS



1. My best personality trait is...

2. I am proud of myself because...

3. I am excited for...

4. My strengths are...

5. I love my...



6. My favorite memory is...

7. I laugh most when...

8. My goal in life is...

9. A note for my future self is...

10. I am worth it because...

11. I am valuable because...

12. I am confident when...

13. I am skillful in...

14. My favorite inspiring quote is...

15. 3 things I love about myself are...

16. 5 positive things about me are...

17. My insecurities make me...

18. What motivates me is...

19. I have great energy when...

20. I love myself!

