



THE LOVE
YOURSELF LIST

_____ drains me

_____ is holding me back

_____ doesn't serve me anymore

_____ recharges me

I feel better in my skin when I

my favorite parts of my body are

_____ brings me comfort

_____ makes me laugh

listening to _____ improves my mood

_____ inspires my creativity

I feel calm when I _____

I am my most authentic self when I
