

Love Yourself / You Matter

Each morning, spend 5 minutes reflecting on this question:

If I truly and deeply loved myself and if I genuinely mattered to myself, what would I do today?

WEEK 1

Day / Date: _____

Day / Date: _____

Day / Date: _____

Day / Date: _____

Day / Date: _____

Day / Date: _____

Day / Date: _____

Observations this week:

WEEK 2

Day / Date: _____

Day / Date: _____

Day / Date: _____

Day / Date: _____

Day / Date: _____

Day / Date: _____

Day / Date: _____

Observations this week:

This is about you loving YOU, taking care of YOU, and mattering in your own life.

WEEK 3

Day / Date: _____

Day / Date: _____

Day / Date: _____

Day / Date: _____

Day / Date: _____

Day / Date: _____

Day / Date: _____

Observations this week:

WEEK 4

Day / Date: _____

Day / Date: _____

Day / Date: _____

Day / Date: _____

Day / Date: _____

Day / Date: _____

Day / Date: _____

Observations this week: