Love Yourself Up

### How do I show others that I love them:

Spouse:

Friends:

Children:

Parents:

### What do I want them to feel from me?

How I feel loved from others:

How I feel appreciated:

What can I do for myself to help myself feel those things?

### **My Favorites:**

Color:Dinner:Breakfast:Comfort Food:Song:Movie:Band:Quote:

My strengths

My ideal party

Love Yourself Up

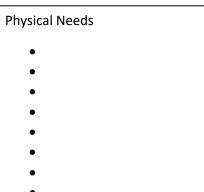
Things that bring me energy:

Things that bring me comfort:

Things that help me feel relaxed/pampered/renewed:

Things that help me feel joy:

# My Needs:



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#### Mental/Creative Needs

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# Emotional Needs

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### Spiritual Needs

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Love Yourself Up

Something I secretly think I would be amazing at is.....

What is something I secretly wish someone would do for me? Now do it for yourself.

**Plan to do one thing for yourself today to bring joy and love into your life.** Make sure it doesn't involve getting something from anyone else.