

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:

Physical Needs

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Emotional Needs

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Mental/Creative Needs

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Spiritual Needs

- [illegible]

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.