

SELF-APPRECIATION WORKSHEET



WHAT CHALLENGE DID I
OVERCOME?

...



WHAT PERSONAL QUALITY
HELPED ME THIS WEEK?

...



WHAT ACHIEVEMENT
AM I PROUD OF?

...



HOW HAVE I GROWN
RECENTLY?

...



Reflect on these questions to build self-compassion
and recognize your strengths.

SAVE THIS PIN

for a weekly self-love practice.

