

# SELF ACCEPTANCE & IMPLEMENTATION

## DAILY REFLECTION PRINTABLE

1. What part of myself do I keep trying to hide, fix, or apologize for?

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2. Which mistake from my past am I still using to define who I am today?

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3. What insecurity takes up far more space in my mind than it probably does in other people's minds?

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4. What would accepting this part of myself look like without giving up on personal growth?

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5. Which expectation about who I 'should' be is making it harder to appreciate who I actually am?

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6. If I stopped trying to become a more acceptable version of myself for one day, how would I treat myself differently?

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