

love

WORKSHEETS

I LOVE ME LIST

WRITE DOWN 20 THINGS YOU LOVE ABOUT YOURSELF, EACH ONE ON A DIFFERENT SQUARE BELOW (OR ON A STICKY NOTE). PLACE THOSE 20 PIECES OF PAPER RANDOMLY AROUND YOUR HOME, OFFICE AND CAR, TO SERVE AS REMINDERS OF HOW AWESOME YOU ARE.

KNOW WHAT YOU DO (AND DON'T) WANT

WHAT WENT WELL IN YOUR LAST RELATIONSHIP?

WHAT COULD HAVE USED SOME IMPROVEMENT?

WHAT CAN YOU NOT LIVE WITHOUT IN A RELATIONSHIP?

WHAT CAN YOU DO WITHOUT IN A RELATIONSHIP?
