



# MY SELF-LOVE INVENTORY

## 1. Understanding Myself

- What are three words that best describe me?

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- What are my greatest strengths?

- What activities make me feel the most like myself?

## 2. Self-Worth & Confidence

- What are three things I love about myself?

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2

3

- What accomplishments am I most proud of?

- How do I show myself kindness and compassion?



### 3. Emotional Well-Being

- How do I typically talk to myself? Is it kind and supportive?

- What negative thoughts do I need to let go of?

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- How can I be more patient and understanding with myself?

### 4. Self-Care Practices

- What are my favorite ways to practice self-care?

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- How do I recharge when I feel emotionally drained?

- What daily habits can I implement to improve my well-being?

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## 5. Boundaries & Relationships

- How do I set and maintain healthy boundaries in my relationships?

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- How do I handle situations where my boundaries are not respected?

- What kind of people uplift and support me?

## 6. Personal Growth & Goals

- What are some dreams or goals that excite me?

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- What is one step I can take today toward my personal growth?



- How can I celebrate my progress, no matter how small?

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## 7. Gratitude & Self-Acceptance

- What am I grateful for in my life right now?

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- How can I practice more self-acceptance and embrace who I am?

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- What is one loving affirmation I can tell myself daily?

**Reflection:** Take a moment to read through your answers. What patterns do you notice? What areas of self-love would you like to strengthen?  
Write down one small action you can take today to nurture your relationship with yourself.