

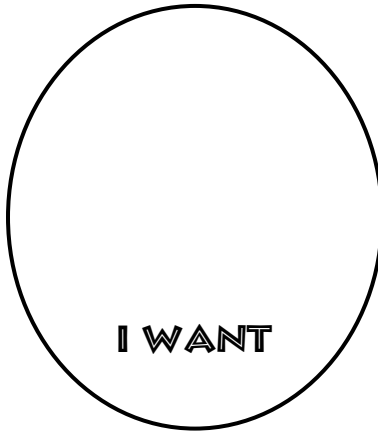


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Created by Lava Lily

## Daily Self Love Check-in

Today I am **GRATEFUL** for...

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_



**10 things I love about myself**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

2 New things I learnt recently....

\_\_\_\_\_

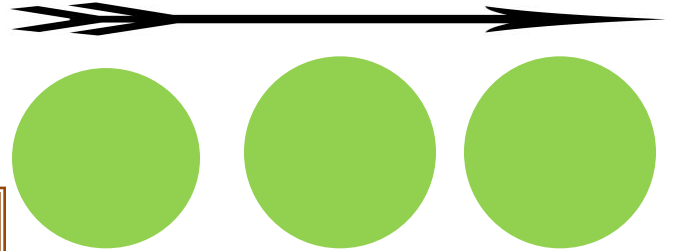
\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**3 NEW THINGS I'D LIKE TO TRY**



LET PEOPLE SEE THE REAL, IMPERFECT, FLAWED, QUIRKY, WEIRD, BEAUTIFUL,  
MAGICAL PERSON THAT YOU ARE

Describe your perfect day... where are you, what do you see, who are you with, what are you doing, how do you feel?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

I love \_\_\_\_\_  
(Your full name)