



MY SELF-LOVE WORKBOOK

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Being My Own Friend

DAY OF WEEK

WHAT IS SOMETHING THAT I'M STRUGGLING WITH?

HOW CAN I SHOW COMPASSION AND SUPPORT FOR MY STRUGGLE?

*NOTE: Think about ways you can show yourself kindness and validate your feelings regarding your struggle. Counter any feelings of judgment with acceptance and understanding. If you're unsure of how to comfort yourself, imagine what you would tell a friend who came to you with this struggle. Take time to sit with your feelings!

Positive Affirmation Checklist

COMPLETE AND RECITE AS OFTEN
AS NEEDED EACH DAY



I BELIEVE IN MYSELF



I AM ENOUGH



I AM RESPONSIBLE FOR MY
HAPPINESS



I AM LOVED



I AM CAPABLE



MISTAKES HELP ME GROW







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Setting Boundaries

means stating clear expectations

- Make a list of some boundaries you need to set with the people in your life.
- Examples of boundaries: topics that are off limits, asking for personal space, specifying how much time you spend with someone or doing something, anything you need to feel safe and secure in your relationship with others or yourself
- State your boundary in a firm, but respectful way.
- Stick to your boundaries. It is your responsibility to reinforce them or re-evaluate your relationship with that person if boundaries are not respected.

EMOTIONAL DAILY CHECK-IN

PICK 2-3 TIMES PER DAY TO CHECK-IN WITH
YOUR FEELINGS AND FILL OUT THESE
JOURNAL PROMPTS

Day of the Week:

Time:

How am I feeling right now? (Remember to not judge them as they come up.)

What can I do to support my feelings (e.g., self-care, setting boundaries, taking a break, positive affirmations, being my own friend, etc.)?

SELF-CARE

- SELF-CARE IS CRUCIAL TO IMPLEMENT DAILY AS A FORM OF SELF-LOVE
- TO PRACTICE SELF-CARE, USE MY SELF-CARE WORKSHEET BUNDLE:

[HTTPS://SURVIVINGMOMBLOG.COM/
PRINTABLES/DAILY-SELF-CARE-WORKSHEET-
BUNDLE-PRINTABLE/](https://survivingmomblog.com/printables/daily-self-care-worksheet-bundle-printable/)

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