Self Love

Workbook

2024

This Book Belongs to

_____

_____

_____

2024

CALENDAR

January

Mo	Tu	We	Th	Fr	Sa	Su
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

February

Mo	Tu	We	Th	Fr	Sa	Su
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29			

March

Mo	Tu	We	Th	Fr	Sa	Su
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

April

Mo	Tu	We	Th	Fr	Sa	Su
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

May

Mo	Tu	We	Th	Fr	Sa	Su
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

June

Mo	Tu	We	Th	Fr	Sa	Su
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

July

Mo	Tu	We	Th	Fr	Sa	Su
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

August

Mo	Tu	We	Th	Fr	Sa	Su
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

September

Mo	Tu	We	Th	Fr	Sa	Su
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

October

Mo	Tu	We	Th	Fr	Sa	Su
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31			

November

Mo	Tu	We	Th	Fr	Sa	Su
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

December

Mo	Tu	We	Th	Fr	Sa	Su
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Contact List

Name	Email	Phone No

Password Tracker

Website:	
Username:	
Password:	
Notes:	

Website:	
Username:	
Password:	
Notes:	

Website:	
Username:	
Password:	
Notes:	

Website:	
Username:	
Password:	
Notes:	

Website:	
Username:	
Password:	
Notes:	

Website:	
Username:	
Password:	
Notes:	

Website:	
Username:	
Password:	
Notes:	

Website:	
Username:	
Password:	
Notes:	

Important Dates

January	February	March

April	May	June

July	August	September

October	November	December

Birthdays Tracker

January	February	March

April	May	June

July	August	September

October	November	December

Wish List

Daily Planner

Date :

S M T W T F S

Today's Goal

- [ ]
- [ ]
- [ ]

Priority List

- [ ]
- [ ]
- [ ]

Meal Plan

Breakfast

Lunch

Dinner

Snack

Today i'm grateful for

Notes

Today Schedule

07.00	
08.00	
09.00	
10.00	
11.00	
12.00	
13.00	
14.00	
15.00	
16.00	
17.00	
18.00	
19.00	
20.00	

Weekly Planner

WEEK OF _____

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

PRIORITIES

TO-DO

NOTES

January 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Self-care

- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____

Notes

February 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29			

Self-care

- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____

Notes

March 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

Self-care

- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

Notes

April 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

Self-care

- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____

Notes

May 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

Self-care

- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____

Notes

June 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

Self-care

- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____

Notes

July 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

Self-care

- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____

Notes

August 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

Self-care

- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____

Notes

September 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

Self-care

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Notes

_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____
_____

October 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30				

Self-care

- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____
- ◯ _____

Notes

November 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

Self-care

- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____
- ○ _____

Notes

December 2024

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Self-care

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Notes

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

_____

Yearly Planner

January	February	March

April	May	June

July	August	September

October	November	December

Self Love Journal

Date :

Personal Reminder

Top Priorities

Quotes

Affirmations

PERSONAL NOTES

Self Love Planner

My Schedule

Everything
will be okay eventually.
Just hang in there
and don't worry about it
too much.

Reminder

Note

Self Love
Education

Be proud of your achievements

Accept help

Knowing your feeling

Say no to judgement

Forgive yourself

Set healthy boundaries

Listen to your body

Self Love Affirmation

Date:

Things I'm Grateful for...

Motivational Quote

Note for me

My Achievements

List of Affirmations

- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____
- [ ] _____

Self Love Checklist

S M T W T F S

DATE:

My List	Date Completed	✓

Self Love & Affirmation

S M T W T F S

DATE:

Things I'm Grateful For

List of Affirmation

My Achievement

Motivational Quote

Personal Growth

S M T W T F S

DATE:

New Skills To Acquire

Healthy Habits

Self Reflection

Self Love Diary

Date:

Dear Diary, Today I Feel...

Reflection Note

Today's Quote

Self-Love Practices

EMOTIONAL	PHYSICAL
MENTAL	SOCIAL

Self Love Questions

Do I feel guilty if I put my need first?

How important is my own happiness?

In what ways do I show love for myself?

Self Love Journey

I feel loved when:

I feel confident when:

I feel proud when:

I feel blessed when:

Productive Activities:

Things I'm Grateful for:

Self Improvement

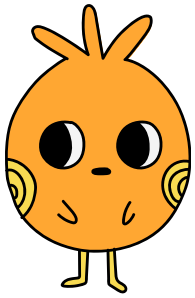
Habits To Change

New Skills To Learn

Values To Enhance

Self Reflection

Daily Self Love Journal



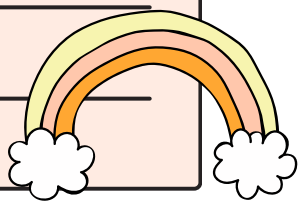
Mood: 😄 😃 😐 😔 😩 Date:

Empowering affirmation

I feel good about myself because...

Today, I forgive myself for...

Reflection	Reminder



Weekly Self Love Journal

Mood: 😁 😃 😐 😔 😩 Date:

Monday

Three positive things about me...

Tuesday

I feel good about myself when...

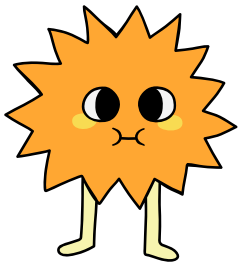
Wednesday

Things I should do when I'm sad...

Thursday

Things I should do when I'm Bored...

Weekly Self Love Journal



Mood: 😄 😃 😐 😔 😩 Date:

Friday

Things I should do when I feel tired...

Saturday

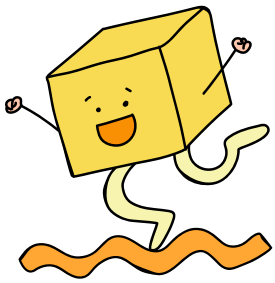
Things that made me happy today...

Sunday

I will challenge myself to...

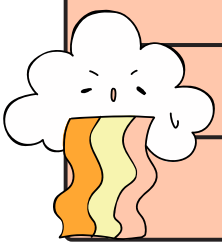
Notes:

Daily Self Love Note



Mood: 😁 😃 😐 😔 😩

Date:



Self - Love List

FAVORITE AFFIRMATIONS	COMPLIMENTS TO MYSELF

I'M PROUD OF

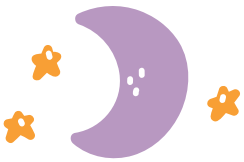
Self-Love Bingo!

○ Be grateful for yourself	○ Drink more water	○ Take a stroll in nature	○ Eat your favorite treat	○ Go to bed early
○ Listen to favorite podcast	○ Eat healthy meals	○ Take a nice bubble bath	○ Cook your favorite meal	○ Practice yoga
○ Go on a solo date	○ Write a journal	○ Give yourself a facial	○ Practice gratitude	○ Go to the gym
○ Watch the sunrise	○ Read a book	○ Explore a new city	○ Watch your favorite movie	○ Hang with good friends
○ Get some sunlight	○ Start a new hobby	○ Buy yourself a flower	○ Organize your closet	○ Watch the sunset
○ Take a day off	○ Learn a new skill	○ Accept your mistakes	○ Wear the clothes you love	○ Thank yourself

Self Love Challenge

Forgive yourself	Practice Self-care	Do a DIY Project	Make a playlist
Put on your favorite outfit	Go for a 30-minute walk	Read a self-help book	Buy a bucket of flower
Let the sunshine in	Write down a journal	Make yourself a priority	Start a Gratitude journal
Make your dreams come true	Learn something new	Pamper yourself	Sleep for 8 hours
Create a bucket list	Practice yoga	Take a walk in the nature	Write down your goals
Practice a hobby	Spend time with a friend	Compliment yourself	Practice saying no

Self Love Activity List



Morning Activity	S	M	T	W	T	F	S
.....	●		●		●		●
.....	●		●		●		●
.....	●		●		●		●
.....	●		●		●		●
.....	●		●		●		●

Evening Activity	S	M	T	W	T	F	S
.....	●		●		●		●
.....	●		●		●		●
.....	●		●		●		●
.....	●		●		●		●
.....	●		●		●		●

Self Care PLANNER

MONTH: .....

YEAR: .....

MY TOP PRIORITIES

GOALS FOR MY MIND:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

GOALS FOR MY BODY:

- ☐ _____
- ☐ _____
- ☐ _____
- ☐ _____

REMINDER

MY NOTE

Self Care Journal

MONTH: .....

YEAR: .....

AFFIRMATIONS

I'M PROUD OF MY...

I'M GRATEFUL FOR...

NOTE TO SELF:

.....

.....

.....

.....

Self-care Tracker

Morning Tasks	S	M	T	W	T	F	S

Evening Tasks	S	M	T	W	T	F	S

Habits To Keep	Habits To Eliminate
•	•
•	•
•	•
•	•
•	•

Self-care

Physical Self-care

Emotional Self-care

MENTAL Self-care

Intellectual Self-care

Social Self-care

Environmental Self-care

Subject Notes

-
-
-

Self-Care Bucketlist

Date: S M T W T F S

My List	Goals	✓

Notes

Self Care journey

MONTH: .....

YEAR: .....

ACTS OF SELF-CARE

_____ _____

_____ _____

_____ _____

AFFIRMATION

-
-
-
-

TODAY'S MOOD

I'M GRATEFUL FOR

INSPIRATION: .....

.....

.....

Self Care

MONTH: .....

YEAR: .....

PHYSICAL SELF CARE

.....

.....

.....

.....

EMOTIONAL SELF CARE

.....

.....

.....

.....

MENTAL SELF CARE

.....

.....

.....

.....

SOCIAL SELF CARE

.....

.....

.....

.....

NOTE TO SELF:

Self Care Assessment

1.	2.	3.	★	Psychological/Emotional Self-Care
☐	☐	☐	☐	Participate in hobbies
☐	☐	☐	☐	Go on vacations or day-trips
☐	☐	☐	☐	Find reasons to laugh
☐	☐	☐	☐	Talk about my problems
☐	☐	☐	☐	Learn new things, unrelated to work or school

1.	2.	3.	★	Social Self-Care
☐	☐	☐	☐	Spend time with people who I like
☐	☐	☐	☐	Meet new people
☐	☐	☐	☐	Overall social self-care
☐	☐	☐	☐	Keep in touch with old friends
☐	☐	☐	☐	Ask ofthers for help, when needed

Date:

Month:

Self Care Checklist

DAILY ACTIVITY	S	M	T	W	T	F	S
Make Bed	○	○	○	○	○	○	○
Wash Face	○	○	○	○	○	○	○
Brush Teeth	○	○	○	○	○	○	○
Go Outside	○	○	○	○	○	○	○
Workout	○	○	○	○	○	○	○
Clean Up	○	○	○	○	○	○	○
Shower	○	○	○	○	○	○	○
Take Vitamins	○	○	○	○	○	○	○
Meditate	○	○	○	○	○	○	○
Drink Water	○	○	○	○	○	○	○
Sleep Early	○	○	○	○	○	○	○
Do Skincare	○	○	○	○	○	○	○

30 Day Self-Care Challenges

○ Stretch all your muscles	○ Drink more water	○ Go for a walk in nature	○ Eat your favorite treat	○ Go to bed early
○ Listen to favorite podcast	○ Eat vegetarian meals	○ Take a nice bubble bath	○ Cook your favorite meal	○ Practice yoga
○ Go on a solo date	○ Journaling	○ Give yourself a facial	○ Practice gratitude	○ Try a DIY Project
○ Watch the sunrise	○ Read a book	○ Explore a new city	○ Watch your favorite movie	○ Give yourself a manicure
○ Get some sunlight	○ Start a new hobby	○ Write out your goals	○ Organize your closet	○ Watch the sunset
○ Give yourself a break	○ Learn a new skill	○ Create your ideal future	○ Surround yourself with positivity	○ Drink plenty of water

Gratitude Journal

DATE: _____ S M T W T F S

Today I'm grateful for

- _____
- _____
- _____

Today's Affirmation

- _____
- _____
- _____
- _____

Water Tracker

Weather

Notes / reminders:

Something I'm proud of

- _____
- _____
- _____
- _____

Tomorrow I look forward to

- _____
- _____
- _____
- _____

My Wellness Planner

Date

Affirmation Words

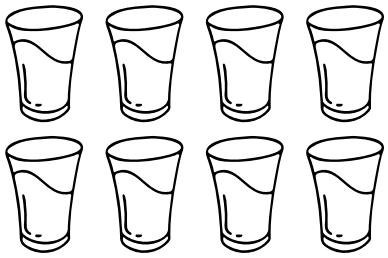
Things to Do!

Mood

Notes

My Motivation

Water Tracking



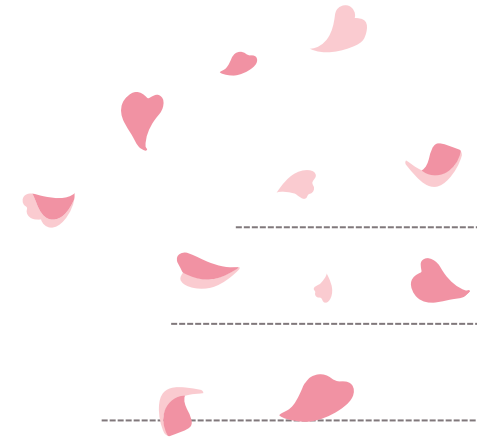
Self Love Tree

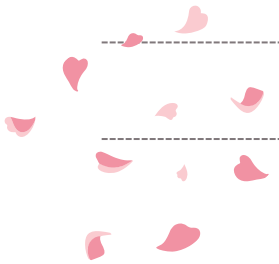
My Notes

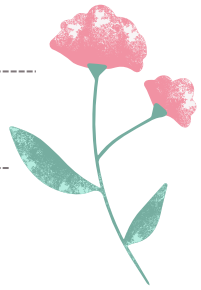
DATE: _____

S M T W T F S

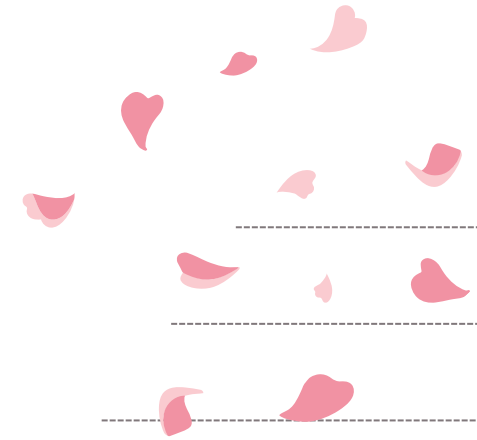
Notes

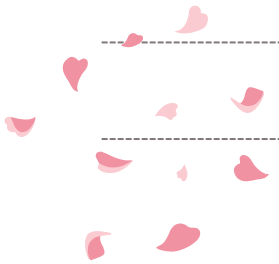


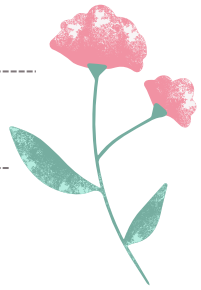




Notes







Thank
You