

A short video about self-love:

To Anyone Feeling Unworthy of Love on Valentine's Day

<https://www.youtube.com/watch?v=deB1TdAFGKQ>

A comprehensive list of guided meditations for self-compassion; printable instructions and audio:

Meditations for Self-Compassion

<https://chrisgermer.com/meditations/>

Pages 2 and 3: Daily Self-Love Worksheets-Use these or create your own!

daily Self love Worksheets



DATE:

I LOVE MYSELF TODAY BECAUSE

TODAY I FORGIVE MYSELF THAT

I AM BECAUSE

SOMETHING GOOD I DID FOR MYSELF TODAY:

NOTES



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