



Queens Healing Queens Presents

30 DAYS TO

Greater Self-Love

*Love Yourself Unconditionally
and Nurture Your Self-Worth*

Daily Tracker

30 DAYS TO Greater Self-Love

WORKSHEET

It's important to make your own well-being one of your top priorities, Queen. Most of us don't work in the best interest of self, and we put everyone else's needs above our own. We judge ourselves unfairly, and then we feel bad about failing to live up to these unrealistic standards.

A 30-day challenge can be an effective way to learn to love and appreciate yourself.

Answer these questions to gain a better perspective on how you can strengthen your self-love.

1. How do I determine my self-worth? Is that fair?

2. In what ways do I treat my close friends better than I treat myself?

3. In what ways do I treat strangers that I encounter throughout the day better than I treat myself?

4. What are five things that I think everyone should be able to do that I currently cannot?

5. What are three different options for regular exercise that I would enjoy?

6. What are three things that I enjoy doing? How can I add time to do these things into my schedule?

7. What do I admire most about my body?

8. What are 10 things in my life that make me feel lucky and grateful?

9. What are the common qualities of those I admire the most?

10. What makes me feel good about myself? How can I bring more of this into my life?

Self-Love Daily Tracker

Day	Activity	Did You Do This?	How Did It Make You Feel?
0	Set your intention for the next 30 days.		
1	Become aware.		
2	Accept all the compliments that come your way.		
3	Start reading a book on the topic of self-love.		
4	Create and use affirmations.		
5	Do something you've always wanted to do.		
6	Admire your body.		
7	Eat nutritiously.		
8	Send yourself a love letter.		
9	Ask someone for a favor.		
10	Remove the need for perfection.		

11	Declutter your home environment.		
12	Clean up your schedule.		
13	Develop a strategy for dealing with stress.		
14	Create a gratitude list.		
15	Exercise.		
16	Clean up your social life.		
17	Do what you love.		
18	Make plans for your future.		
19	Keep a journal.		
20	Forgive yourself.		
21	Stop seeking approval.		
22	Sit by yourself.		

23	Visit the doctor and dentist.		
24	Volunteer.		
25	Sleep.		
26	Set and maintain boundaries.		
27	Do one thing you know you need to do.		
28	Trust your intuition.		
29	Do something that makes you like yourself more.		
30	Do something for someone else but keep it a secret.		
31	Have fun.		