

SELF LOVE CHALLENGE



Date :

Scripture to Meditate on:

What I love Most About Me:

What I'm most proud of doing:

Affirmations

HOW CAN I BETTER LOVE MYSELF?

Love Yourself

SELF LOVE CHALLENGE



1. Top 3 Things I Love About My Body

Blank space for writing answers to question 1.

2. Some of the Awesome Ways I've Helped Others:

Blank space for writing answers to question 2.

3. Challenges I've Overcome:

Blank space for writing answers to question 3.