

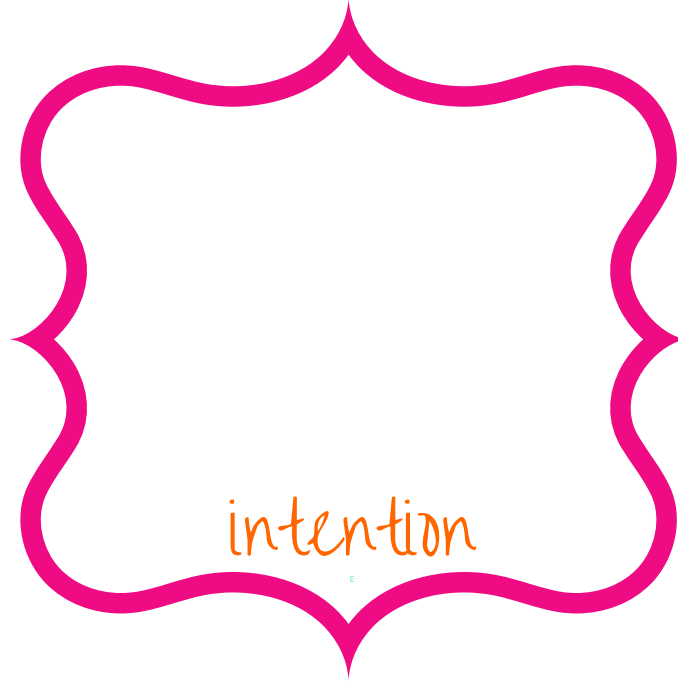
BODY LOVE WORKSHEET

reflection

10 things you are grateful for

attention

What are the areas of your life that need the most love today



intention

support

Where can you turn for support

resources

What is in your self love toolkit

self love

What has my body done admirably

observation

What am I on the lookout for today