

## Affirmations for Self-Love Worksheet

*Embrace Your Body, Celebrate Your Uniqueness, and Cultivate Self-Love*

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### Introduction:

This worksheet is designed to help you cultivate a positive relationship with your body and deepen your self-love through powerful affirmations. Use it as a guide to shift your mindset, celebrate your strengths, and remind yourself of the beauty within and around you.

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### Part 1: Reflect on Your Body's Strengths

Take a moment to reflect on the things your body allows you to do. Write down at least five things your body does for you that you're grateful for.

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### Part 2: Identify and Challenge Negative Self-Talk

Negative self-talk can prevent us from embracing body positivity. Take a moment to list any negative thoughts you've had about your body recently. Then, rewrite each one with a positive affirmation to challenge and replace it.

#### Example:

- Negative thought: "I hate my thighs."
- Affirmation: "My thighs are strong, and they carry me with grace."

**Negative Thought**

**Positive Affirmation**

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**Part 3: Affirmations for Self-Love**

Affirmations are a powerful way to change how we see ourselves. Repeat the following affirmations daily to reinforce your self-love and body positivity.

1. I love and honor my body for all that it does for me.
2. I am worthy of love, respect, and kindness at every size.
3. My worth is not defined by my appearance, but by who I am inside.
4. I celebrate my body as it is today, with all its uniqueness.
5. I am grateful for my body's strength and resilience.
6. I release any judgment I have about my body and embrace it with compassion.
7. I choose to focus on what I love about myself, inside and out.
8. My body is beautiful, and I am proud of all it allows me to do.
9. I trust my body's wisdom and listen to its needs.
10. Every day, I grow in my love and acceptance of myself.

**Part 4: Daily Affirmation Practice**

Create a daily practice by choosing 3 affirmations to repeat throughout your day. Write them below, and take a moment each morning and night to say them aloud in front of a mirror.

**Daily Affirmations:**

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

## Part 5: Gratitude for Your Body

End this worksheet by listing three things you are grateful for about your body today. This could be related to health, strength, appearance, or any other aspect that feels meaningful to you.

1. \_\_\_\_\_
  2. \_\_\_\_\_
  3. \_\_\_\_\_
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### Final Thoughts:

Body positivity and self-love are ongoing practices. Continue to nurture yourself with kindness, compassion, and affirmations. Your body is worthy of love, and so are you. Keep celebrating yourself as you are, knowing that you are always enough.