

Self-Love Reflection



Date:_____

My Tiny 'I Matter' Action

This week, I'm choosing one tiny act of self-love:

Why This Matters to Me

This matters because...

How It Felt

How did this tiny act make me feel?

Calmer? Softer? Supported? Proud? Neutral? Unsure? All feelings welcome.

A Kind Sentence to Myself

One kind sentence I want to tell myself:

"I'm doing the best I can." "I deserve gentleness." "I matter too."

A Tiny Win to Celebrate

One tiny thing I'm proud of this week:



Self-love grows in the quiet moments we give ourselves.

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