

## Self Love

1. What is something you need to forgive yourself for? Why have you had a hard time forgiving yourself?
2. What do you like about yourself?
3. What is your biggest struggle with loving yourself?
4. When was the last time you felt "on top of the world?" What parts of that experiences can you recreate today and everyday to boost your happiness?
5. What do I need more of in your life?
6. What can you do to take better care of yourself?
7. How fulfilling is my everyday life? What can I do to make it more fulfilling?
8. What does unconditional love look like? What would it be like if you loved yourself unconditionally?
9. Where do you feel the safest?
10. What is the most loving thing you have ever done for yourself?

