



Sacred Depths

COACH CERTIFICATION

Self-Love Worksheet

What are the things that you say to yourself that haven't been very loving?

What are the ways you have treated yourself that haven't been very loving?

In what ways are you tolerating others not fully loving or valuing you?

What are some of the below the surface beliefs that you have about loving yourself?

What have you been taught about being loveable?

How have you been taught not to love others? How are you not loving others?

What practice(s) will you pick-up to begin cultivating greater self-love? Commit to practicing for at least one week. Rate yourself at the start of the week and again at the end of the week.

What shifts did you notice from the intentional practice of self-love? What opened up for you?