



LEARNING TO LOVE ME

Everyone needs a bit of a confidence booster every once in a while. If you find it hard to naturally see the brilliance of you, then this worksheet will help you find your sparkle!

learning to love me with 10 x 3!''

1. Every day, for the next week, fill in the following lists.
2. Don't just copy from the last list – think of new things!
3. When you're done, sit for a minute and think about how

MONDAY

10 THINGS YOU ARE GRATEFUL FOR

1.

2.

3.

4.

5.

6.

7.

8.

9.

10

10 THINGS YOU LIKE ABOUT YOURSELF

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

10 THINGS YOU HAVE ACHIEVED IN LIFE

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

TUESDAY

10 THINGS YOU ARE GRATEFUL FOR

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

10 THINGS YOU LIKE ABOUT YOURSELF

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.

10 THINGS YOU HAVE ACHIEVED IN LIFE

1.

2.

3.

4.

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8.

9.

10.



WEDNESDAY

10 THINGS YOU ARE GRATEFUL FOR

1.

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4.

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10.

10 THINGS YOU LIKE ABOUT YOURSELF

1.

2.

3.

4.

5.

6.

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8.

9.

10.

10 THINGS YOU HAVE ACHIEVED IN LIFE

1.

2.

3.

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10.



THURSDAY

10 THINGS YOU ARE GRATEFUL FOR

1.

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9.

10.

10 THINGS YOU LIKE ABOUT YOURSELF

1.

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7.

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10.

10 THINGS YOU HAVE ACHIEVED IN LIFE

1.

2.

3.

4.

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10.

FRIDAY

10 THINGS YOU ARE GRATEFUL FOR

1.

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9.

10.

10 THINGS YOU LIKE ABOUT YOURSELF

1.

2.

3.

4.

5.

6.

7.

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10.

10 THINGS YOU HAVE ACHIEVED IN LIFE

1.

2.

3.

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10.

SATURDAY

10 THINGS YOU ARE GRATEFUL FOR

1.

2.

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9.

10.

10 THINGS YOU LIKE ABOUT YOURSELF

1.

2.

3.

4.

5.

6.

7.

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9.

10.

10 THINGS YOU HAVE ACHIEVED IN LIFE

1.

2.

3.

4.

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7.

8.

9.

10.

SUNDAY

10 THINGS YOU ARE GRATEFUL FOR

1.

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3.

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9.

10.

10 THINGS YOU LIKE ABOUT YOURSELF

1.

2.

3.

4.

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10.

10 THINGS YOU HAVE ACHIEVED IN LIFE

1.

2.

3.

4.

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10.