

LOVE YOURSELF REFLECTION SHEET

1. STRESS LEVEL /10

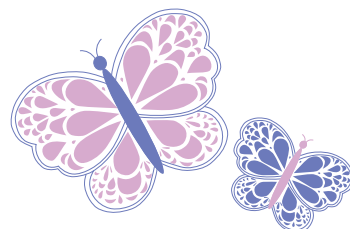
2. HOW MUCH CONTROL DO YOU HAVE OVER YOUR STRESSORS? /10

3. WHAT ARE YOU GRATEFUL FOR? LIST FIVE THINGS.

4. AFFIRMATION:

5. HOW CAN YOU IMPROVE THE RELATIONSHIP YOU HAVE WITH YOURSELF?

6. WHAT ARE TODAY'S WINS?



PAPELITOS LINDOS

★★★★★ · Est. 2017