

SELF-LOVE PRACTICE

5 things you love/like about yourself:

1.

2.

3.

4.

5.

5 good things your families and friends said about you recently:

1.

2.

3.

4.

5.

5 things that made you happy this month

1.

2.

3.

4.

5.

Here are some examples of positive adjectives!

- Admirable
- Adorable
- Adventurous
- Ambitious
- Aspiring
- Athletic
- Attractive
- Authentic
- Beautiful
- Brilliant
- Bubbly
- Calm
- Capable
- Care-free
- Caring
- Charismatic
- Clever
- Compassionate
- Competent
- Confident
- Considerate
- Courageous
- Creative
- Curious
- Cute
- Dedicated
- Disciplined
- Dynamic
- Educated
- Efficient
- Elegant
- Empathetic
- Energetic
- Entertaining
- Enthusiastic
- Excellent
- Exciting
- Fair
- Fierce
- Firm
- Fit
- Flexible
- Friendly
- Fun
- Funny
- Generous
- Gentle
- Genuine
- Great
- Handsome
- Happy
- Healthy
- Helpful
- Honest
- Humble
- Imaginative
- Independent
- Intelligent
- Insightful
- Keen
- Kind
- Knowledgeable
- Lively
- Logical
- Lovable
- Loving
- Loyal
- Mature
- Motivated
- Muscular
- Open-minded
- Optimistic
- Organized
- Out-going
- Patient
- peaceful
- Popular
- Positive
- Powerful
- Practical
- Punctual
- Rational
- Realistic
- Reflective
- Relaxed
- Reliable
- Respectful
- Responsible
- Romantic
- Smart
- Social/Sociable
- Special
- Spontaneous
- Strong
- Supportive
- Sympathetic
- Talented
- Thoughtful
- Trusted
- Understanding
- Unique
- Versatile
- Vibrant
- Warm
- Wholesome
- Willing
- Wise
- Witty
- Wonderful