

A New Year's

Self Love

Check-In

How did you show yourself love this year?

The highlight of this year was:



This new year, I want to feel:

What do you need to feel that way?



What do you need to give yourself permission to do this year?

What specific boundaries do you need to enforce for your own wellbeing this year?

What can you do in January that will help you feel your best, physically?

What can you do in January that will help you feel your best, mentally?

What are three things you are proud of yourself for in this past year?

- 1.
- 2.
- 3.

When do you feel your highest level of self-love?

How can you say "Yes" to yourself more in 2020?

