

Exercise Day 5:

How do you see yourself?

There are many questions here. Take one, many or all of them. Whatever resonates for you. You could answer these out loud or you could journal about one or all of these questions.

Do I think I am strong?

Am I self confident?

Do I know what I like to do?

Can I set good boundaries?

Do I have an easy time making decisions?

Am I a kind person?

Am I self critical?

Do I know how I respond in certain situations?

What are my values?

What are my goals or dreams?

Where do I feel the safest?

What gives me comfort and is this healthy for me?

What is my happiest memory?

When I'm stressed, what helps me to relax?



21-day Self-Love Challenge

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