

# Self-Love Worksheet

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What does self-love mean to you? Define what it would mean to have a more loving relationship to yourself.

How would you be talking about yourself?

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How would you be caring for yourself?

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Who would you be surrounding yourself with?

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How would you be behaving with yourself?

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How would you be behaving with others?

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Self-Love encompasses Loving words, thoughts, actions. Fill out the below with ideal ways of being in each category.

My Loving Words include: (ex. I am doing the best I can, I am capable, I am kind to myself, I am practicing patience)

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

My Loving Thoughts include: (ex. I am working on personal development; I am practicing patience; I am willing to grow)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

My Loving Actions include: (ex. Doing some yoga, meditation, deep breathing, affirmations, morning routines, reading, having an accountability group or partner, practicing forgiveness with self)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

My sources of inspiration for Self-Love are:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

When I am more loving with myself, it will affect my life in the following ways:

- Physical Health - \_\_\_\_\_
- Mental Health - \_\_\_\_\_
- Finances - \_\_\_\_\_
- Family - \_\_\_\_\_
- Relationships - \_\_\_\_\_
- Spirituality - \_\_\_\_\_
- Impact (on my community, world, etc.) - \_\_\_\_\_



ilona Varo is a Hungarian born psychotherapist practicing in Los Angeles. Her background in the beauty and entertainment industry, as well as the healing arts, informs her unique psychological approach.

ilona's practice focuses on women's issues which arise from adolescence through adulthood. She focuses on topics involving body image, disordered eating, self-hatred, self-sabotaging behaviors, anxiety, depression, adjustment disorders, trauma and more.

ilona is trained in EMDR and works with somatic modalities to help clients create peace and calm in their bodies. A connection and awareness to the mind-body is crucial in healing and transformation. Mind-Body awareness improves resiliency, stress management, healthy self-regulation, appropriate coping skills, joyful relationships, etc. It brings attention to the somatic experiences of mental health issues.

A lot of mental health behaviors are a result of individuals being detached from their bodies, at war with themselves, storing trauma, and the struggle to rationalize our biological responses. "It's not always logical, it's sometimes biological."

ilona helps provide clients with practical tools so that they can improve their awareness of behaviors/ thoughts/reactions which bring them distress. Practical tools and collaborative practices ensure that clients can learn to cope in healthier and more effective ways.

ilona is truly passionate about women's health, resiliency, and teaching effective/practical coping skills. She believes everyone is worthy of healing, and that it is possible to find peace in our mind/body experiences.