



# Self-Love Worksheet: Embracing Confidence and Body Positivity.

———— RABBI SHLOMO SLATKIN, MS, LCPC ————

[www.themarriagerestorationproject.com](http://www.themarriagerestorationproject.com)

# Introduction

Self-love is the practice of accepting and embracing ourselves unconditionally, recognizing our worthiness of love, respect, and kindness from both ourselves and others. It involves nurturing a deep sense of compassion, acceptance, and appreciation for who we are, including our strengths, weaknesses, and imperfections.

Self-esteem, on the other hand, refers to our overall sense of self-worth and confidence. It encompasses how we view ourselves, our abilities, and our value as individuals. Healthy self-esteem empowers us to navigate life's ups and downs with resilience, assertiveness, and a positive outlook.

Wishing you both!

Rabbi Shlomo Slatkin MS, LCPC  
The Marriage Restoration Project





# SELF LOVE JOURNAL

---

NAME

# Self-Esteem Check Up

---

This worksheet consists of several sections designed to guide you through self-reflection, self-assessment, and actionable steps towards building self-love and boosting self-esteem.

Read each statement carefully and reflect on how it resonates with your own feelings and experiences. Use the provided scale from 1 (Strongly Disagree) to 4 (Strongly Agree) to rate your agreement with each statement.

**1 = Strongly Disagree 2 = Disagree 3 = Agree 4 = Strongly Agree**

1	I feel confident in my appearance and physical attributes. <input type="checkbox"/> Strongly Disagree <input type="checkbox"/> Disagree <input type="checkbox"/> Agree <input type="checkbox"/> Strongly Agree
2	I believe in my abilities to achieve my goals and aspirations. <input type="checkbox"/> Strongly Disagree <input type="checkbox"/> Disagree <input type="checkbox"/> Agree <input type="checkbox"/> Strongly Agree
3	I am deserving of love and respect from myself and others. <input type="checkbox"/> Strongly Disagree <input type="checkbox"/> Disagree <input type="checkbox"/> Agree <input type="checkbox"/> Strongly Agree
4	I trust my instincts and intuition in decision-making. <input type="checkbox"/> Strongly Disagree <input type="checkbox"/> Disagree <input type="checkbox"/> Agree <input type="checkbox"/> Strongly Agree
5	I am comfortable expressing my thoughts and opinions. <input type="checkbox"/> Strongly Disagree <input type="checkbox"/> Disagree <input type="checkbox"/> Agree <input type="checkbox"/> Strongly Agree
6	I accept compliments graciously and believe in my worthiness of praise. <input type="checkbox"/> Strongly Disagree <input type="checkbox"/> Disagree <input type="checkbox"/> Agree <input type="checkbox"/> Strongly Agree
7	I handle criticism constructively and use it as an opportunity for growth. <input type="checkbox"/> Strongly Disagree <input type="checkbox"/> Disagree <input type="checkbox"/> Agree <input type="checkbox"/> Strongly Agree
8	I am proud of the person I am becoming and the progress I have made. <input type="checkbox"/> Strongly Disagree <input type="checkbox"/> Disagree <input type="checkbox"/> Agree <input type="checkbox"/> Strongly Agree
9	I forgive myself for past mistakes and embrace my imperfections. <input type="checkbox"/> Strongly Disagree <input type="checkbox"/> Disagree <input type="checkbox"/> Agree <input type="checkbox"/> Strongly Agree



Read each statement carefully and reflect on how it resonates with your own feelings and experiences. Use the provided scale from 1 (Strongly Disagree) to 4 (Strongly Agree) to rate your agreement with each statement.

**1 = Strongly Disagree 2 = Disagree 3 = Agree 4 = Strongly Agree**

10	<p>I prioritize self-care and make time for activities that nourish my well-being.</p> <p><input type="checkbox"/> Strongly Disagree <input type="checkbox"/> Disagree <input type="checkbox"/> Agree <input type="checkbox"/> Strongly Agree</p>
11	<p>I am capable of adapting to change and overcoming obstacles.</p> <p><input type="checkbox"/> Strongly Disagree <input type="checkbox"/> Disagree <input type="checkbox"/> Agree <input type="checkbox"/> Strongly Agree</p>
12	<p>I value myself as a unique individual with valuable contributions to offer.</p> <p><input type="checkbox"/> Strongly Disagree <input type="checkbox"/> Disagree <input type="checkbox"/> Agree <input type="checkbox"/> Strongly Agree</p>
13	<p>I set boundaries that protect my mental, emotional, and physical health.</p> <p><input type="checkbox"/> Strongly Disagree <input type="checkbox"/> Disagree <input type="checkbox"/> Agree <input type="checkbox"/> Strongly Agree</p>
14	<p>I embrace challenges as opportunities for growth and personal development.</p> <p><input type="checkbox"/> Strongly Disagree <input type="checkbox"/> Disagree <input type="checkbox"/> Agree <input type="checkbox"/> Strongly Agree</p>
15	<p>I am deserving of success and happiness in all aspects of my life.</p> <p><input type="checkbox"/> Strongly Disagree <input type="checkbox"/> Disagree <input type="checkbox"/> Agree <input type="checkbox"/> Strongly Agree</p>
16	<p>I feel comfortable asking for help when I need it and accepting support from others.</p> <p><input type="checkbox"/> Strongly Disagree <input type="checkbox"/> Disagree <input type="checkbox"/> Agree <input type="checkbox"/> Strongly Agree</p>
17	<p>I approach new experiences with optimism and a belief in my ability to adapt and thrive.</p> <p><input type="checkbox"/> Strongly Disagree <input type="checkbox"/> Disagree <input type="checkbox"/> Agree <input type="checkbox"/> Strongly Agree</p>

**Scoring:** Add up your total score for all 10 statements. A higher total score out of 40 will indicate higher selfesteem according to this assessment.

# Get to Know Me

---

This worksheet is designed to help you deepen your understanding of yourself through reflection and introspection. Begin by selecting one question at a time to reflect on. Take your time to consider the question thoughtfully, allowing yourself to delve deep into your thoughts and emotions.

Write down your responses to each question. Be honest and authentic in your answers, as this exercise is for your personal growth and self-discovery.

**What are my top three values in life, and how do they influence my decisions and actions?**

**What are my biggest strengths, and how do I utilize them in different areas of my life?**

**What are my passions and interests, and how do I incorporate them into my daily routine?**

**What are my short-term and long-term goals, and what steps am I taking to achieve them?**

# Get to Know Me

---

**What are my biggest fears or insecurities, and how do they impact my behavior and choices?**

**What activities or hobbies bring me the most joy and fulfillment, and why?**

**What are some memorable experiences or moments in my life that have shaped who I am today?**

**How do I typically handle challenges or setbacks, and what strategies do I use to overcome them?**

**What are my core beliefs about myself, others, and the world around me, and where do they come from?**

# Get to Know Me

---

**How do I prioritize self-care and maintain balance in my life between work, relationships, and personal well-being?**

**Who are the most important people in my life, and how do they support and influence me?**

**What are some recurring patterns or habits in my life that I would like to change or improve?**

**What does success mean to me, and how do I measure it in different areas of my life?**

**What are some unresolved issues or emotions from my past that may be impacting my present experiences?**



# Get to Know Me

---

**How do I typically express my emotions, and are there healthier ways I could communicate and manage them?**

**What are my boundaries in relationships, and how do I communicate them to others?**

**How do I recharge and rejuvenate myself when feeling overwhelmed or stressed?**

**What are some dreams or aspirations I have yet to pursue, and what is holding me back from pursuing them?**

**How do I define happiness, and what actions can I take to cultivate more happiness in my life?**

# 30-Day Gratitude Journal Worksheet

---

This activity is designed to help you cultivate gratitude while also focusing on aspects related to self-esteem, self-love, and self-confidence. Each day, reflect on the prompts provided and jot down your thoughts in the space provided.

## TODAY I'M FEELING

**What are three qualities about yourself that you appreciate?**

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

## REFLECT ON A RECENT ACHIEVEMENT

---

---

**How does this recent achievement makes you feel?**

---

---

---

## WRITE DOWN ONE THING YOU LOVE ABOUT YOURSELF PHYSICALLY.

# 30-Day Gratitude Journal Worksheet

---

Each day, reflect on the prompts provided and jot down your thoughts in the space provided.

## TODAY I'M FEELING

List three things in your life that you're grateful for.

- 1
- 2
- 3

## REFLECT ON A MOMENT WHEN YOU SHOWED KINDNESS TO YOURSELF.

  
  

## WRITE ABOUT A TIME WHEN YOU FELT CONFIDENT AND CAPABLE.

# 30-Day Gratitude Journal Worksheet

---

Each day, reflect on the prompts provided and jot down your thoughts in the space provided.

## TODAY I'M FEELING

List three things you're proud of accomplishing today.

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

## REFLECT ON A COMPLIMENT YOU RECEIVED AND HOW IT MADE YOU FEEL.

---

---

---

## WRITE ABOUT A SKILL OR TALENT YOU POSSESS AND HOW IT ADDS VALUE TO YOUR LIFE.

# 30-Day Gratitude Journal Worksheet

---

Each day, reflect on the prompts provided and jot down your thoughts in the space provided.

## TODAY I'M FEELING

List three things you're grateful for in your relationships with others.

- 1
- 2
- 3

## REFLECT ON A MOMENT WHEN YOU SHOWED COURAGE IN A CHALLENGING SITUATION.

  
  

## WRITE ABOUT A SETBACK YOU FACED AND HOW YOU OVERCAME IT.



# 30-Day Gratitude Journal Worksheet

---

Each day, reflect on the prompts provided and jot down your thoughts in the space provided.

## TODAY I'M FEELING

**List three things you love about your personality.**

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_

## REFLECT ON A TIME WHEN YOU FELT PROUD OF YOURSELF.

---

---

---

## WRITE ABOUT A GOAL YOU ACHIEVED AND HOW IT BOOSTED YOUR SELF-ESTEEM.

# 30-Day Gratitude Journal Worksheet

---

Each day, reflect on the prompts provided and jot down your thoughts in the space provided.

## TODAY I'M FEELING

List three things in nature that you're grateful for.

- 1
- 2
- 3

REFLECT ON A MOMENT WHEN YOU  
ASSERTED YOUR BOUNDARIES AND STOOD  
UP FOR YOURSELF.

  
  

WRITE A LETTER OF APPRECIATION TO  
YOURSELF FOR ALL YOUR EFFORTS AND  
ACCOMPLISHMENTS.

# 30-Day Gratitude Journal Worksheet

---

Each day, reflect on the prompts provided and jot down your thoughts in the space provided.

## TODAY I'M FEELING

List three things you're grateful for in your career or education.

- 1 

---
- 2 

---
- 3 

---

## REFLECT ON A LESSON YOU LEARNED FROM A PAST MISTAKE.

---

---

---

## WRITE ABOUT A POSITIVE AFFIRMATION YOU CAN REPEAT TO YOURSELF FOR SELF-LOVE.

# 30-Day Gratitude Journal Worksheet

---

Each day, reflect on the prompts provided and jot down your thoughts in the space provided.

## TODAY I'M FEELING

**List three things you're grateful for about your body and its abilities.**

- 1 

---
- 2 

---
- 3 

---

## REFLECT ON A MOMENT WHEN YOU FELT PROUD OF YOUR RESILIENCE IN THE FACE OF ADVERSITY.

---

---

---

## WRITE ABOUT A TIME WHEN YOU FELT CONFIDENT SPEAKING UP IN A GROUP SETTING.

# 30-Day Gratitude Journal Worksheet

---

Each day, reflect on the prompts provided and jot down your thoughts in the space provided.

## TODAY I'M FEELING

List three things you're grateful for in your home or living environment.

- 1
- 2
- 3

## REFLECT ON A RECENT ACT OF SELF-CARE AND HOW IT MADE YOU FEEL.

  
  

## WRITE ABOUT A TIME WHEN YOU RECEIVED SUPPORT FROM SOMEONE THAT BOOSTED YOUR CONFIDENCE.



# 30-Day Gratitude Journal Worksheet

---

Each day, reflect on the prompts provided and jot down your thoughts in the space provided.

## TODAY I'M FEELING

**List three things you're grateful for in your daily routine.**

- 1
- 2
- 3

**REFLECT ON A CHALLENGE YOU'RE  
CURRENTLY FACING AND HOW YOU CAN  
OVERCOME IT.**

  
  

**WRITE ABOUT A HOBBY OR ACTIVITY  
THAT BRINGS YOU JOY AND BOOSTS  
YOUR CONFIDENCE.**

# 30-Day Gratitude Journal Worksheet

---

Each day, reflect on the prompts provided and jot down your thoughts in the space provided.

## TODAY I'M FEELING

**List three things you're grateful for in your friendships.**

- 1
- 2
- 3

**REFLECT ON A MOMENT WHEN YOU  
TRUSTED YOURSELF AND MADE A  
DECISION THAT TURNED OUT WELL.**

  
  

**WRITE ABOUT A TIME WHEN YOU FELT  
PROUD OF YOUR APPEARANCE.**

# 30-Day Gratitude Journal Worksheet

---

Each day, reflect on the prompts provided and jot down your thoughts in the space provided.

## TODAY I'M FEELING

List three things you're grateful for in your community or social circle.

- 1
- 2
- 3

## REFLECT ON A STRENGTH OR QUALITY IN YOURSELF THAT YOU'VE BEEN UNDERESTIMATING.

  
  

## WRITE ABOUT A TIME WHEN YOU RECEIVED RECOGNITION FOR YOUR EFFORTS.

# 30-Day Gratitude Journal Worksheet

---

Each day, reflect on the prompts provided and jot down your thoughts in the space provided.

## TODAY I'M FEELING

List three things you're grateful for about your past experiences, even the challenging ones.

- 1
- 2
- 3

## REFLECT ON A TIME WHEN YOU PRACTICED SELF-COMPASSION DURING A DIFFICULT MOMENT.

  
  

## WRITE A LOVE LETTER TO YOUR BODY, EXPRESSING GRATITUDE FOR ALL IT DOES FOR YOU.

# 30-Day Gratitude Journal Worksheet

---

Each day, reflect on the prompts provided and jot down your thoughts in the space provided.

## TODAY I'M FEELING

List three things you're grateful for in your romantic or familial relationships.

- 1
- 2
- 3

## REFLECT ON A MANTRA OR AFFIRMATION THAT EMPOWERS YOU TO FEEL CONFIDENT AND WORTHY.

  
  

## WRITE ABOUT A TIME WHEN YOU FELT CONFIDENT IN YOUR ABILITIES TO ACHIEVE YOUR GOALS.



# 30-Day Gratitude Journal Worksheet

---

Each day, reflect on the prompts provided and jot down your thoughts in the space provided.

## TODAY I'M FEELING

List three things you're grateful for in your personal growth and development.

- 1
- 2
- 3

## REFLECT ON A TIME WHEN YOU FORGAVE YOURSELF FOR A MISTAKE AND SHOWED SELF-COMPASSION.

  
  

## WRITE ABOUT A SKILL OR TALENT YOU'RE DEVELOPING AND FEELING PROUD OF.

# 30-Day Gratitude Journal Worksheet

---

Each day, reflect on the prompts provided and jot down your thoughts in the space provided.

## TODAY I'M FEELING

List three things you're grateful for in your spiritual or belief system.

- 1
- 2
- 3

## REFLECT ON A TIME WHEN YOU TOOK A LEAP OF FAITH AND TRUSTED IN YOURSELF.

  
  

## WRITE ABOUT A MOMENT WHEN YOU FELT ACCEPTED AND LOVED JUST AS YOU ARE.

# 30-Day Gratitude Journal Worksheet

---

Each day, reflect on the prompts provided and jot down your thoughts in the space provided.

## TODAY I'M FEELING

List three things you're grateful for in your hobbies or interests.

- 1
- 2
- 3

## REFLECT ON A MOMENT WHEN YOU PRACTICED ASSERTIVENESS AND STOOD UP FOR YOUR NEEDS.

  
  

## WRITE ABOUT A RECENT SUCCESS AND HOW IT BOOSTED YOUR SELF-ESTEEM.

# 30-Day Gratitude Journal Worksheet

---

Each day, reflect on the prompts provided and jot down your thoughts in the space provided.

## TODAY I'M FEELING

List three things you're grateful for in your career or academic pursuits.

- 1
- 2
- 3

REFLECT ON A TIME WHEN YOU  
CHALLENGED NEGATIVE SELF-TALK AND  
REPLACED IT WITH SELF-AFFIRMATION.

  
  

WRITE ABOUT A COMPLIMENT YOU  
RECEIVED RECENTLY AND HOW IT MADE  
YOU FEEL.

# 30-Day Gratitude Journal Worksheet

---

Each day, reflect on the prompts provided and jot down your thoughts in the space provided.

## TODAY I'M FEELING

List three things you're grateful for in your financial situation or abundance.

- 1
- 2
- 3

REFLECT ON A SKILL OR TALENT YOU  
ADMIRE IN OTHERS AND HOW YOU CAN  
CULTIVATE IT IN YOURSELF.

  
  

WRITE ABOUT A TIME WHEN YOU  
EMBRACED VULNERABILITY AND IT  
STRENGTHENED YOUR RELATIONSHIPS.



# 30-Day Gratitude Journal Worksheet

---

Each day, reflect on the prompts provided and jot down your thoughts in the space provided.

## TODAY I'M FEELING

List three things you're grateful for in your mental and emotional well-being.

- 1
- 2
- 3

## REFLECT ON A TIME WHEN YOU FELT EMPOWERED TO PURSUE YOUR PASSIONS AND DREAMS.

  
  

## WRITE ABOUT A MOMENT WHEN YOU STOOD UP FOR YOURSELF AND SET A HEALTHY BOUNDARY.

# 30-Day Gratitude Journal Worksheet

---

Each day, reflect on the prompts provided and jot down your thoughts in the space provided.

## TODAY I'M FEELING

**List three things you're grateful for in your daily rituals or routines.**

- 1
- 2
- 3

**REFLECT ON A TIME WHEN YOU RECEIVED  
CONSTRUCTIVE FEEDBACK AND USED IT  
TO GROW AND IMPROVE.**

  
  

**WRITE ABOUT A MOMENT WHEN YOU  
FELT PROUD OF YOUR RESILIENCE IN  
OVERCOMING A CHALLENGE.**

# 30-Day Gratitude Journal Worksheet

---

Each day, reflect on the prompts provided and jot down your thoughts in the space provided.

## TODAY I'M FEELING

**List three things you're grateful for in your access to resources and opportunities.**

- 1
- 2
- 3

**REFLECT ON A MOMENT WHEN YOU  
DEMONSTRATED COMPASSION TOWARDS  
YOURSELF IN A DIFFICULT SITUATION.**

  
  

**WRITE ABOUT A TIME WHEN YOU  
PRIORITIZED SELF-CARE AND FELT  
REJUVENATED AS A RESULT.**

# 30-Day Gratitude Journal Worksheet

---

Each day, reflect on the prompts provided and jot down your thoughts in the space provided.

## TODAY I'M FEELING

List three things you're grateful for in your environment or surroundings.

- 1
- 2
- 3

REFLECT ON A TIME WHEN YOU  
RECOGNIZED AND CELEBRATED YOUR  
PROGRESS, NO MATTER HOW SMALL.

  
  

WRITE ABOUT A FRIENDSHIP OR  
RELATIONSHIP THAT HAS POSITIVELY  
IMPACTED YOUR SELF-ESTEEM.

# 30-Day Gratitude Journal Worksheet

---

Each day, reflect on the prompts provided and jot down your thoughts in the space provided.

## TODAY I'M FEELING

List three things you're grateful for in your ability to learn and grow.

- 1
- 2
- 3

## REFLECT ON A MOMENT WHEN YOU EMBRACED IMPERFECTION AND PRACTICED SELF-ACCEPTANCE.

  
  

## WRITE ABOUT A SKILL OR TALENT YOU'RE EXCITED TO DEVELOP FURTHER.

# 30-Day Gratitude Journal Worksheet

---

Each day, reflect on the prompts provided and jot down your thoughts in the space provided.

## TODAY I'M FEELING

List three things you're grateful for in your community or support network.

- 1
- 2
- 3

REFLECT ON A TIME WHEN YOU  
CHALLENGED A LIMITING BELIEF ABOUT  
YOURSELF AND REPLACED IT WITH SELF-  
AFFIRMATION.

  
  

WRITE ABOUT A RECENT ACT OF  
KINDNESS YOU RECEIVED FROM SOMEONE  
THAT BOOSTED YOUR CONFIDENCE.

# 30-Day Gratitude Journal Worksheet

---

Each day, reflect on the prompts provided and jot down your thoughts in the space provided.

## TODAY I'M FEELING

List three things you're grateful for in your access to education and personal development opportunities.

- 1
- 2
- 3

REFLECT ON A TIME WHEN YOU EXPRESSED GRATITUDE TOWARDS YOURSELF FOR YOUR EFFORTS AND PROGRESS.

  
  

WRITE ABOUT A MOMENT WHEN YOU TRUSTED YOUR INTUITION AND IT LED YOU IN THE RIGHT DIRECTION.

# 30-Day Gratitude Journal Worksheet

---

Each day, reflect on the prompts provided and jot down your thoughts in the space provided.

## TODAY I'M FEELING

**List three things you're grateful for in your ability to communicate and connect with others.**

- 1
- 2
- 3

**REFLECT ON A MOMENT WHEN YOU FELT EMPOWERED TO TAKE CONTROL OF YOUR LIFE AND MAKE POSITIVE CHANGES.**

  
  

**WRITE ABOUT A CHALLENGE YOU'VE OVERCOME THAT HAS STRENGTHENED YOUR SELF-ESTEEM.**



# 30-Day Gratitude Journal Worksheet

---

Each day, reflect on the prompts provided and jot down your thoughts in the space provided.

## TODAY I'M FEELING

**List three things you're grateful for in your ability to adapt and navigate change.**

- 1
- 2
- 3

**REFLECT ON A TIME WHEN YOU EMBRACED YOUR UNIQUENESS AND CELEBRATED WHAT SETS YOU APART.**

  
  

**WRITE ABOUT A RECENT SUCCESS THAT HAS BOOSTED YOUR CONFIDENCE AND SELF-BELIEF.**

# 30-Day Gratitude Journal Worksheet

---

Each day, reflect on the prompts provided and jot down your thoughts in the space provided.

## TODAY I'M FEELING

**List three things you're grateful for in your sense of purpose and fulfillment.**

- 1
- 2
- 3

**REFLECT ON A SKILL OR TALENT YOU POSSESS THAT BRINGS JOY AND FULFILLMENT TO YOUR LIFE.**

  
  

**WRITE ABOUT A MOMENT WHEN YOU FELT PROUD OF YOUR GROWTH AND PROGRESS ON YOUR JOURNEY.**

# 30-Day Gratitude Journal Worksheet

---

Each day, reflect on the prompts provided and jot down your thoughts in the space provided.

## TODAY I'M FEELING

List three things you're grateful for in your future aspirations and dreams.

- 1
- 2
- 3

REFLECT ON HOW PRACTICING GRATITUDE  
AND SELF-LOVE HAS POSITIVELY  
IMPACTED YOUR LIFE AND OUTLOOK.

  
  

WRITE A LETTER OF GRATITUDE TO  
YOURSELF, EXPRESSING APPRECIATION FOR  
YOUR JOURNEY AND WHO YOU'VE BECOME.

## References

Ciarrochi, J., Heaven, P. C., & Davies, F. (2007). The impact of hope, self-esteem, and attributional style on adolescents' school grades and emotional well-being: A longitudinal study. *Journal of Research in Personality*, 41(6), 1161-1178.

## Contact Us

*Speak to a Marriage Counselor at  
The Marriage Restoration Project*



443.570.7598



rabbishlomoslatkin@gmail.com

*Book a time to talk*

[www.themarriagerestorationproject.com](http://www.themarriagerestorationproject.com)