

Love Yourself Unconditionally

Use the power of gratitude and affirmations to change limiting self-beliefs into unconditional self-love.

Instructions:

- Criticism: Write down all of the ways you criticize yourself. (Do you doubt yourself? Criticize your body? Talk negatively about yourself to others, etc.)
- Gratitude: For each criticism, write down something you are grateful for regarding that criticism.
- Affirmation: Then, for each criticism, write a positive affirmation.

Example:

- Criticism: "I don't like my body."
- Gratitude: "I am grateful that I have long legs."
- Affirmation: "My body is perfect just the way it is."

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Criticism	Gratitude	Affirmation