

## 14 Questions to Help You on Your Way to Loving Yourself

1. What does love mean to you?
  2. What are the biggest obstacles in your way preventing you from loving yourself?
  3. If you could go back in time, what loving words would you say to yourself at age 6, 12, 18, 24...?
  4. What are 3 things you love about yourself? (it can be your laugh, your loyalty – don't just think in terms of appearance)
  5. Where and with whom do you feel really loved?
  6. What is something loving you wish someone would say to you?
  7. Say that thing to yourself – and again.
  8. When was the last time you lovingly indulged yourself? What did you do? How can you indulge yourself again? (a day alone? A pyjama day – my personal favourite!)
  9. What things, activities, people make you feel happy to be alive?
  10. What activity do you need to say yes to?
  11. What loving habit would you like to introduce into your life?
  12. How can you bring in more daily loving acts, words and beliefs towards yourself?
  13. If you chose to live your life with love – what would you do differently towards yourself, your family and your friends?
  14. Answer this...If I really loved myself, I would \_\_\_\_\_
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