Learning to Love Yourself

A 3-Week Course

WEEK 1 | Understanding Your Inner Voice

Notice how you treat yourself - and begin relating to yourself with kindness.

1 Psychoeducation: What is Self-Love?

Self-love is not constant confidence or thinking positively all the time. It means treating yourself with dignity, compassion, and care - especially when you struggle, make a mistake, or feel vulnerable.



Your inner voice often echoes earlier experiences. You can notice that voice without believing every message it sends.

Self-love begins with the way you speak to yourself.

2 Activities for Reflection & Growth



1. Notice your inner critic: write one recurring phrase.



2. Ask: would I speak this way to someone I love?

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2 Activities for Reflection & Growth

3. Rewrite the phrase with honesty and compassion.



4. List three strengths that are easy to overlook.



3 Your Self-Love Reflection

One kind sentence I want to practice this week:

Self-love begins with the way you speak to yourself.

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WEEK 2 | Practicing Self-Compassion

Respond to difficult feelings with warmth, curiosity, and care.

1 Psychoeducation: Kindness Is a Skill

Self-compassion has three useful ingredients: noticing that you are struggling, remembering that difficulties are part of being human, and offering yourself kindness rather than harsh judgment.





PAUSE
Take one slow breath.



NOTICE
Name what you feel.



RESPOND
Offer a kind response.

2 Create Your Self-Compassion Practice



1 Place a hand on your heart or another calming spot.



2 Name the emotion: “I am feeling…”



3 Say: “This is hard. I can be gentle with myself.”



4 Choose one small supportive action today.

You can be accountable and kind to yourself at the same time.

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3 My Inner-Voice Reframe

A harsh thought I noticed:



A more compassionate and believable response:

You can be accountable and kind to yourself at the same time.

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WEEK 3 | Living Your Self-Love

Turn self-respect into daily choices, boundaries, and sustainable habits.

1 Psychoeducation: Self-Love in Action

Self-love is more than how you feel about yourself. It shows up in how you rest, speak up, choose relationships, celebrate progress, and respond to your own needs. It is a practice, not a final destination.



A loving relationship with yourself grows through small, repeated choices.

2 Build Your Personal Self-Love Plan

- 1 My boundary: one thing I will say yes or no to.
- 2 My care: one small action that supports my well-being.
- 3 My joy: one activity I want more of this week.
- 4 My support: one person or resource I can turn to.

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3 Write Your Commitments

One boundary I will practice:



One realistic act of care I will offer myself:

When I slip back into old patterns, I will remind myself:

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