



SELF

LOVE

WORKBOOK

# Welcome!



Hey There!

I am Ninette Nixon, from the MouldingLife.

Are you ready to start your self love journey?

Of course you are!

I am so glad that you have decided to take a step forward in your self love journey with this **FREE SELF LOVE WORKBOOK**.

You may be finding it difficult to love yourself due to various reasons. That's okay because self love can be a tough process.

But hey, be proud that you have downloaded this workbook because this is progress.

As I mentioned before self love can be a tough process. So take your time to complete all the exercises in this workbook. It might take days or weeks or maybe even months. And that is completely okay.

This workbook has 17 exercises. Finish one exercise at a time. Take it slow and steady.

So, let's get started.

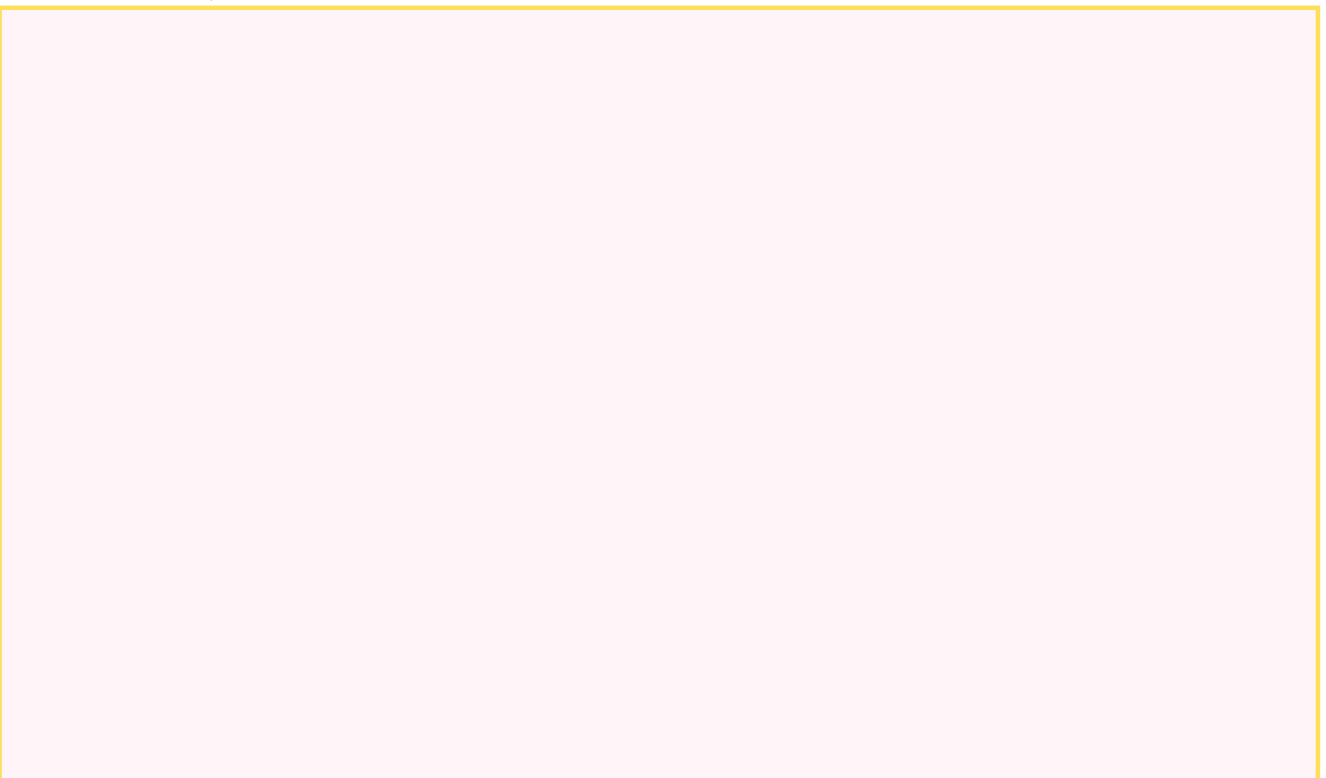
# Exercise - 1

## Set Boundaries

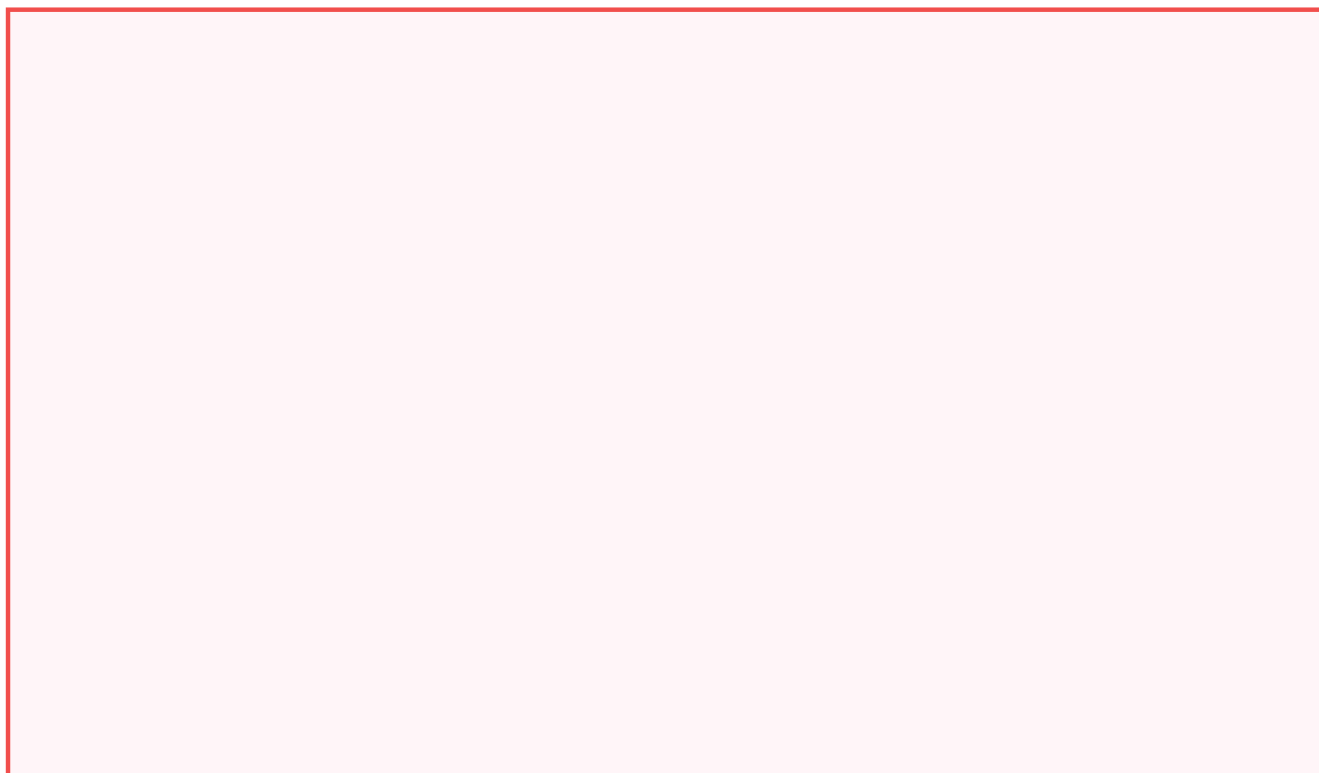
Have you set proper boundaries in your life?



Do you say YES when you actually want to say NO?  
If so why?



How has not keeping boundaries affected your life?



Examine a situation where you said YES instead of NO. It will help you understand why it is difficult for you to set boundaries.

When is the last time you said YES even though you wanted to say NO? Why did you say YES? How did it affect you? What could have happened if you said NO?

Try to summarize your reason for not being able to say NO in one sentence.

For example : I cannot say NO because I feel that I am being selfish.

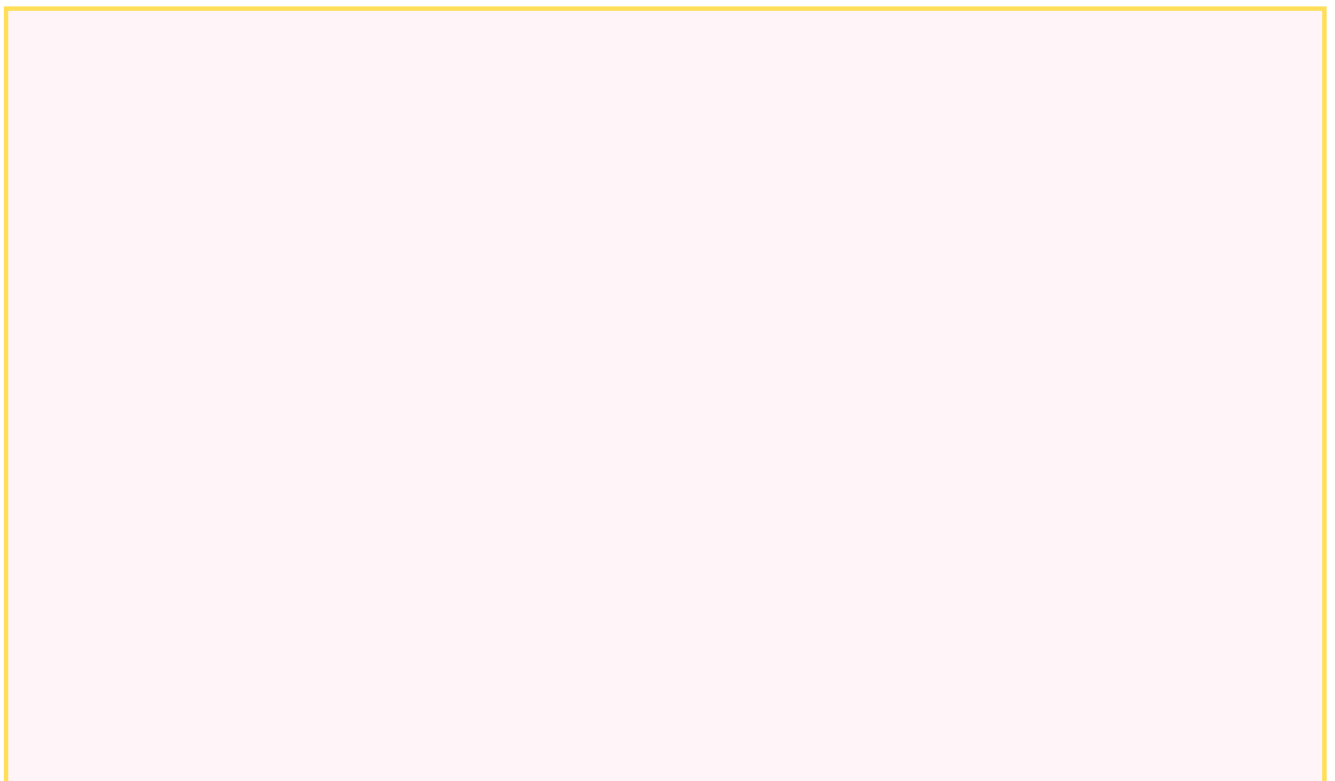
So, now you know why you are unable to say NO whenever it is needed to & set boundaries.

Now, try to find the solution to these problems.

For example:

1. If you feel that by saying NO you are hurting other people's feeling, then the solution would be to explain them nicely why you are saying NO.

2. If you feel that you are being rude by saying NO, remind yourself that it is okay & healthy to say NO.





Every time you are finding it difficult to say no, remind yourself this :

**I am setting boundaries for my happiness and peace of mind and it is perfectly okay and healthy.**

## Exercise -2

# Stop the Comparison

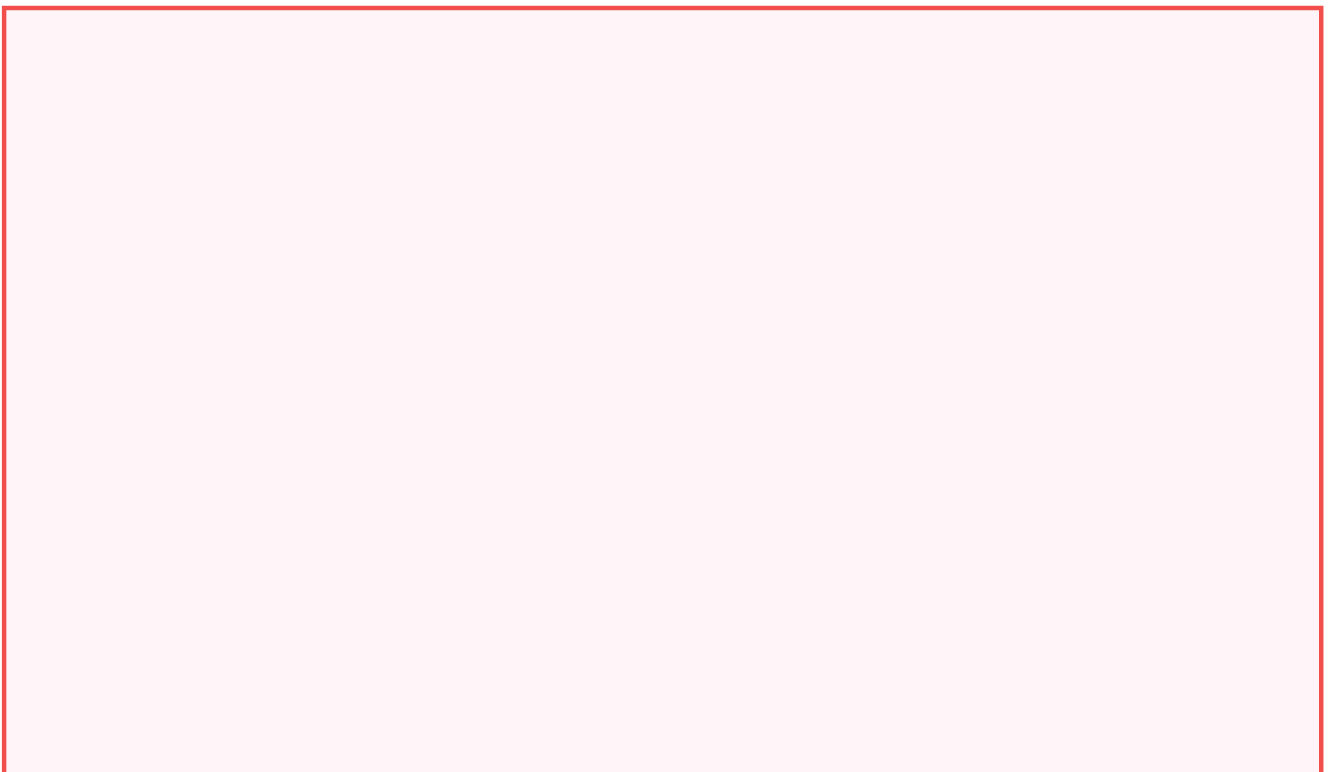
Do you compare yourself to others? If so, why?

How has the habit of comparing yourself to others affected you?

What necessary steps should you take to break off from the vicious cycle of comparing yourself to others?

For example :

1. Unfollow celebrities from social media
2. Change your mindset



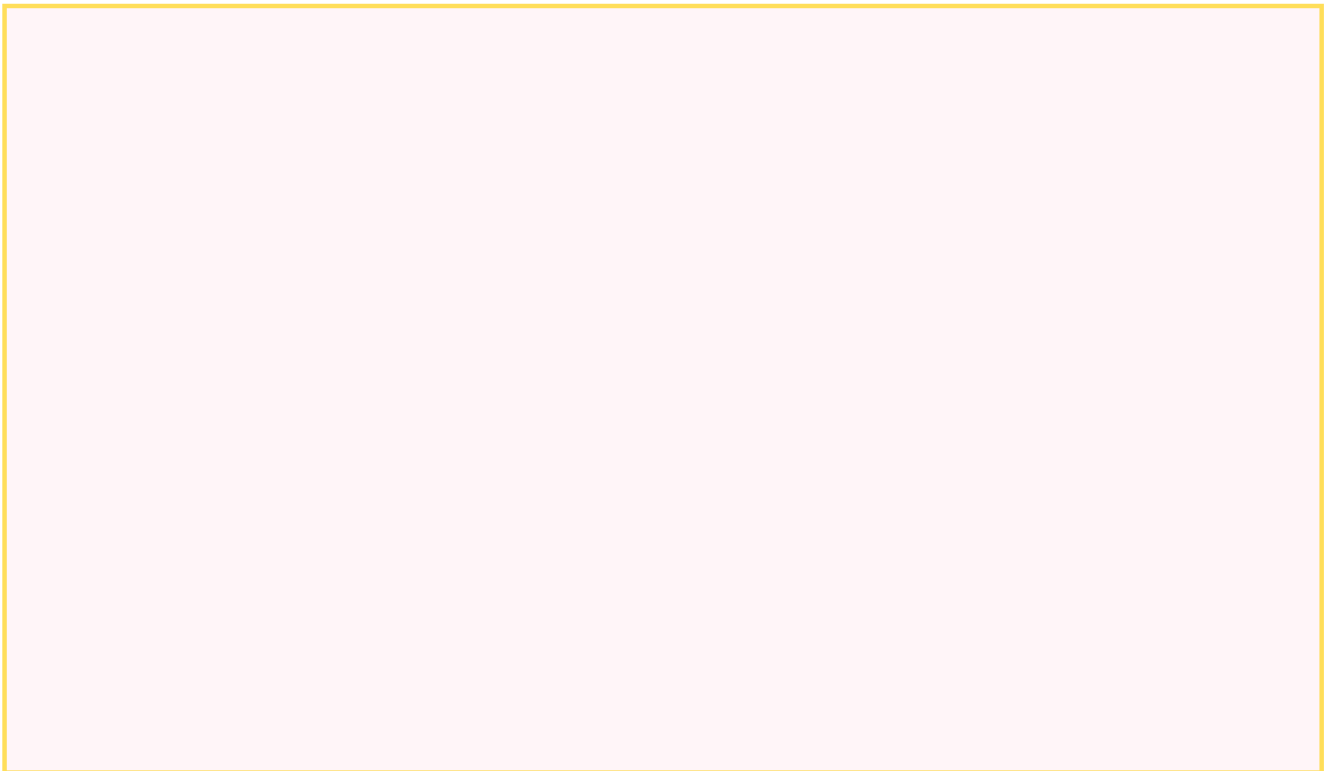
Next time when you find yourself comparing to others, remind yourself this :

**My life's journey is different from others journey. I accept where I am in life now & will work towards the life I want for myself.**

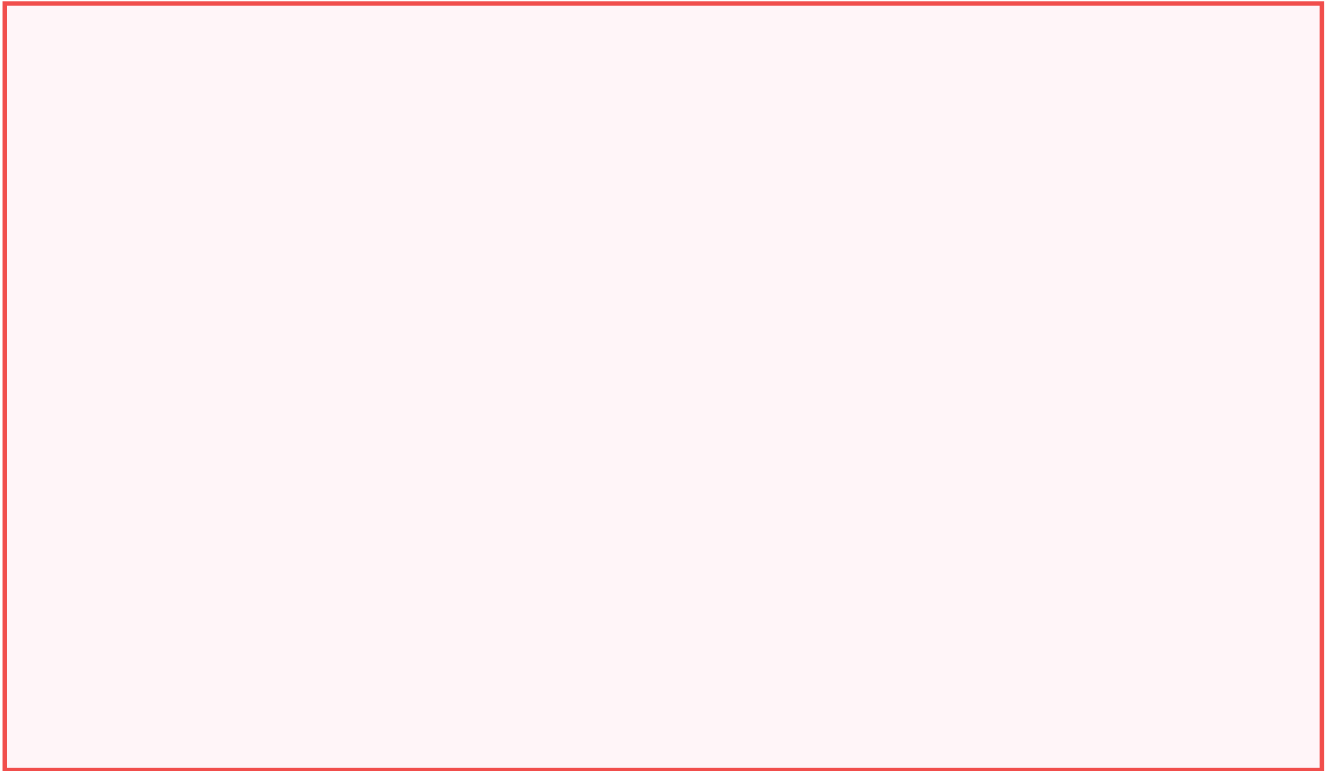
## Exercise - 3

# Stop Acting According to Other People's Opinion

Do you make decisions in life solely based on other people's opinion? If so, why?



What is that you want to do? Are you stopping yourself because of other people's opinions?



If you are limiting yourself to make a choice for yourself because of other people's opinion, remind yourself this :

**I decide the course of my life by taking decisions that satisfy me & which are for my ultimate good.**

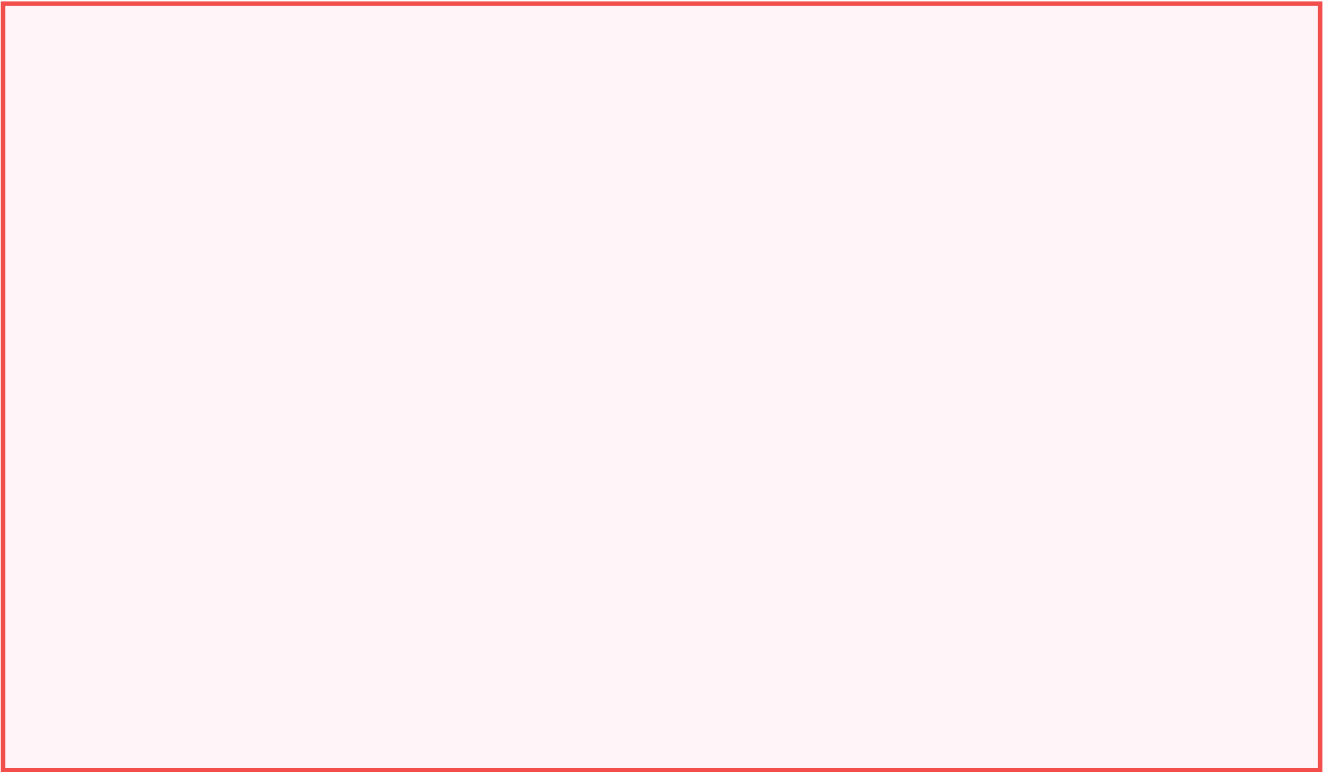
## Exercise - 4

# Forgive Yourself for the Mistakes You have Done

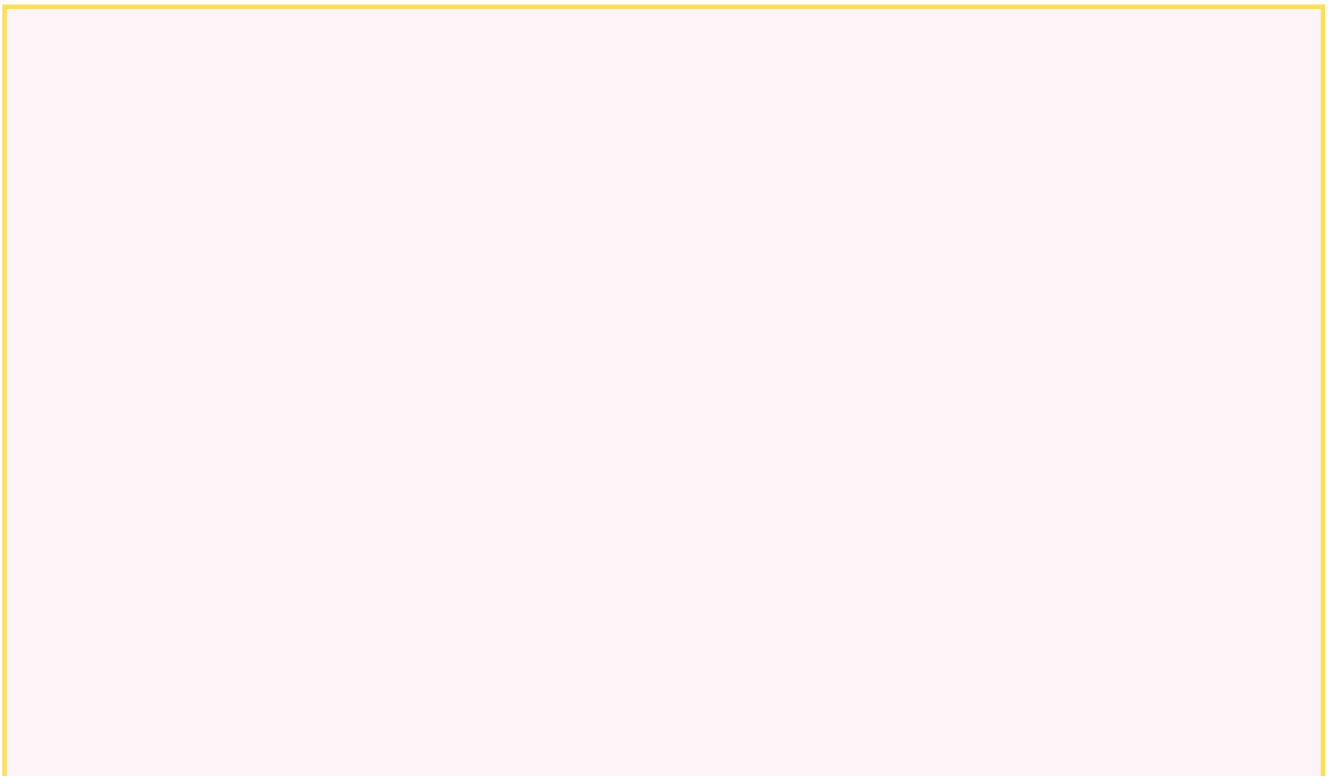
What mistakes have you done till now?

How has these mistakes affected you?

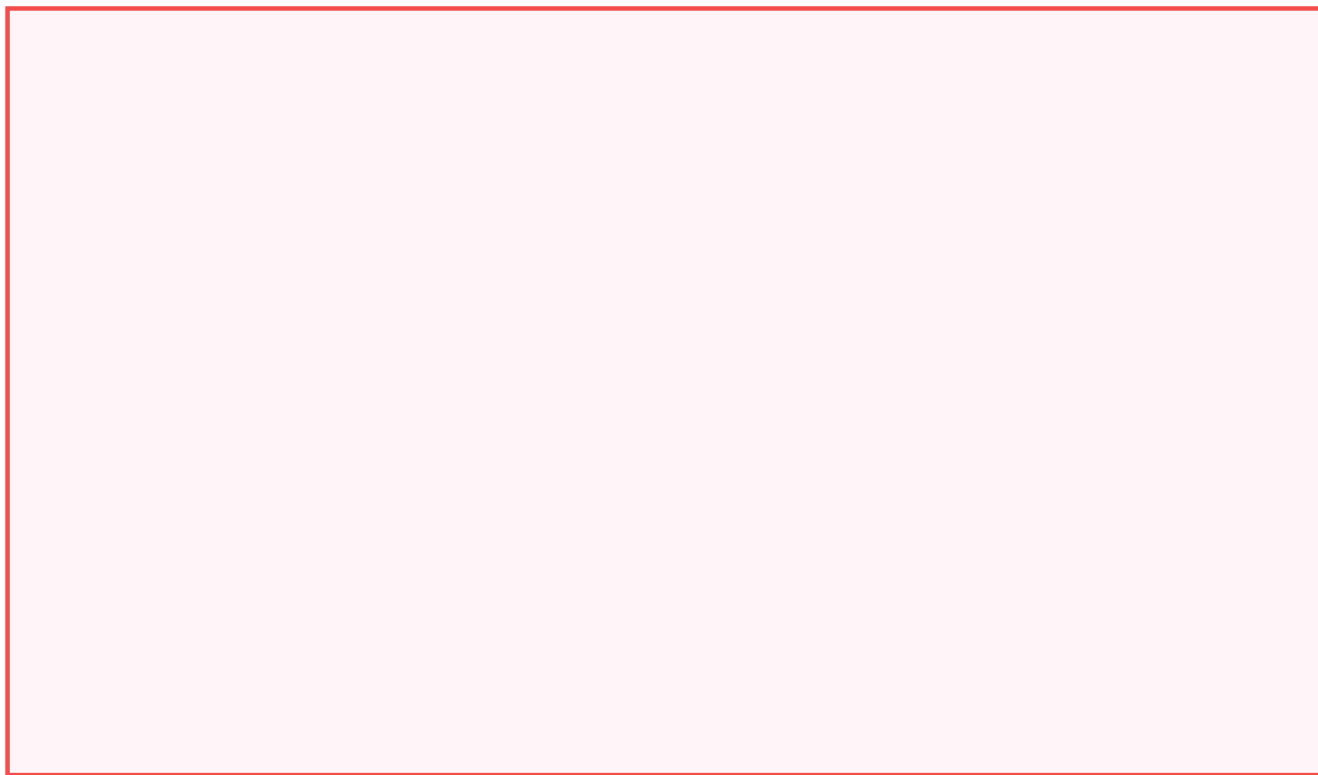
What can you do to fix these mistakes?



What can you learn from your mistakes?



What steps can you take so that you don't repeat these mistakes?



If you are finding it difficult to forgive yourself, remember that everyone makes mistakes. You & I, are humans and we all make mistakes knowingly or unknowingly.

Remind yourself this :

**I made a mistake for which I am truly sorry. I choose to forgive myself for making the mistakes and promise myself to try my level best to fix my mistakes and not to repeat them.**



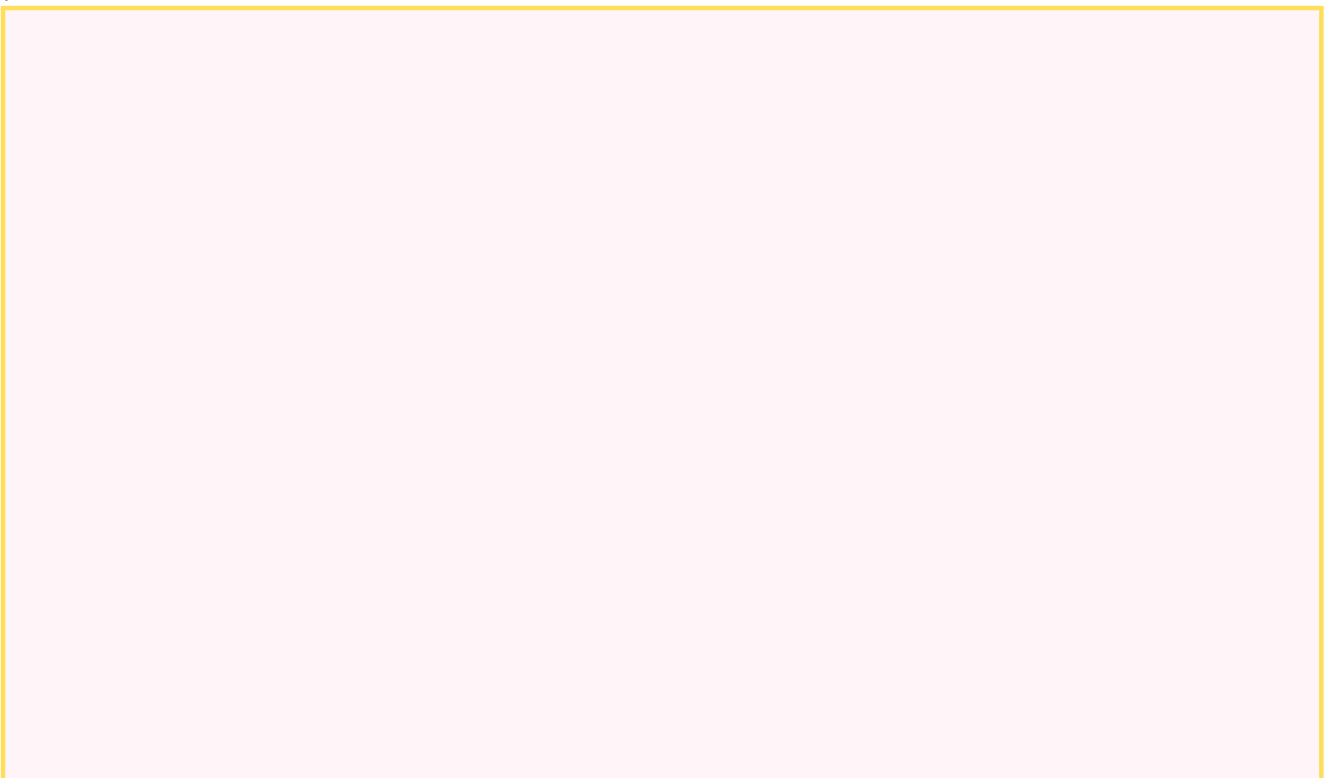
# Exercise - s

## Stop the Negative Self Talk

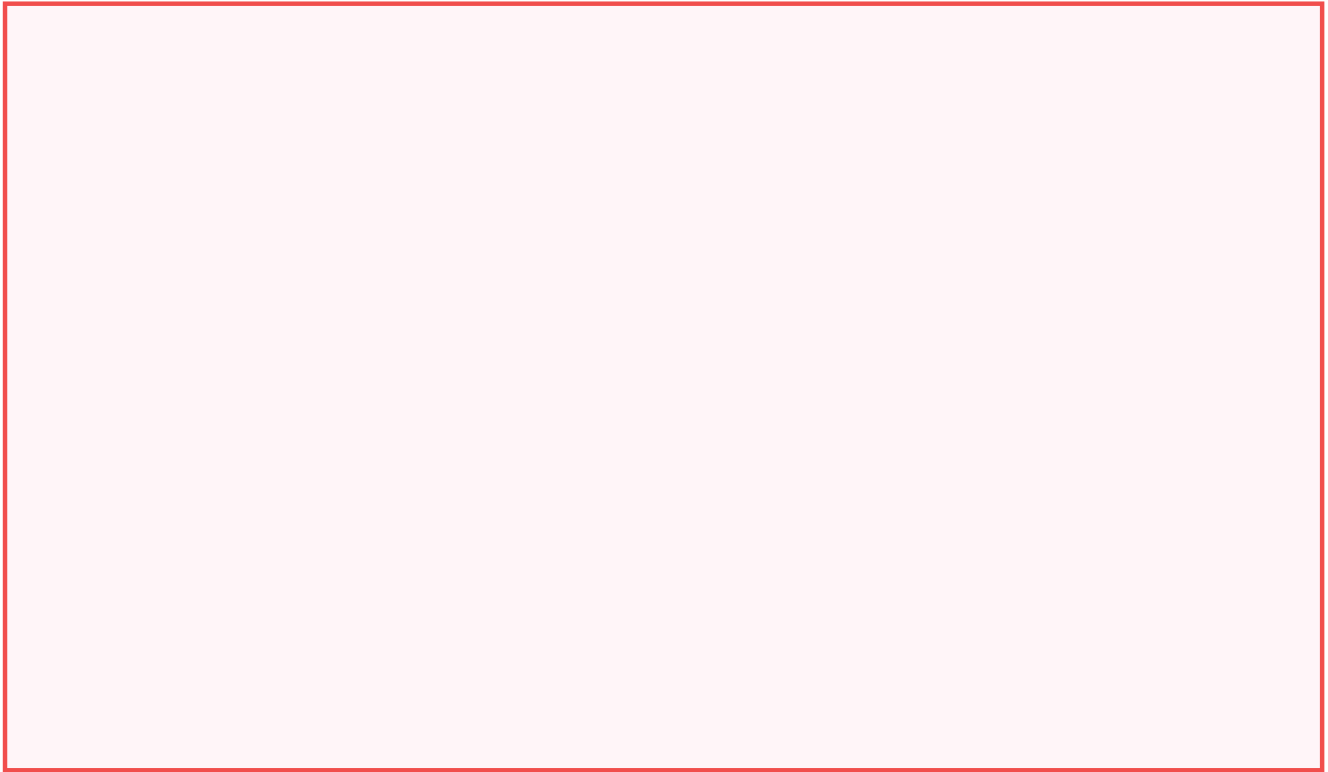
How do you talk to yourself? Is it with love and respect or negatively?



What are the words which you use to talk to yourself?

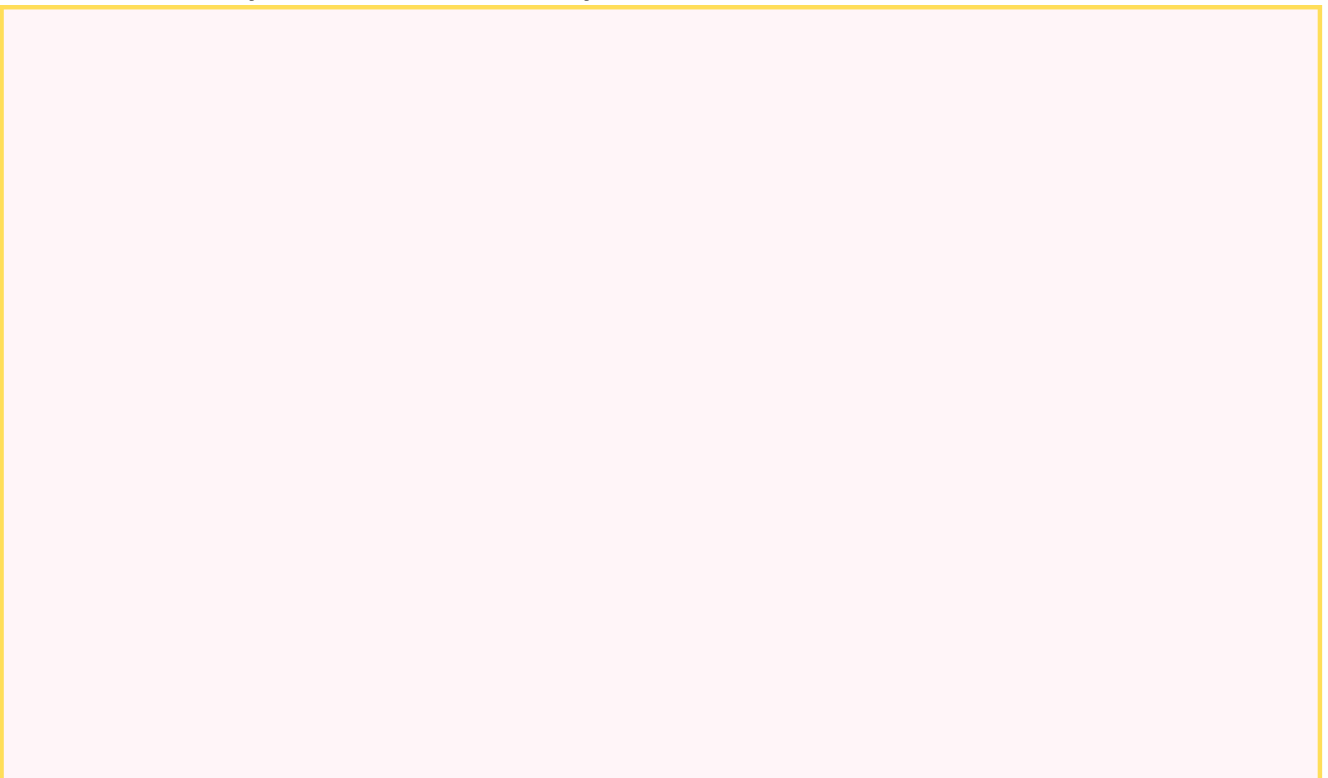


How has the negative self talk affected you?



How can you change the way you talk to yourself?

For example : I am stupid to I am smart



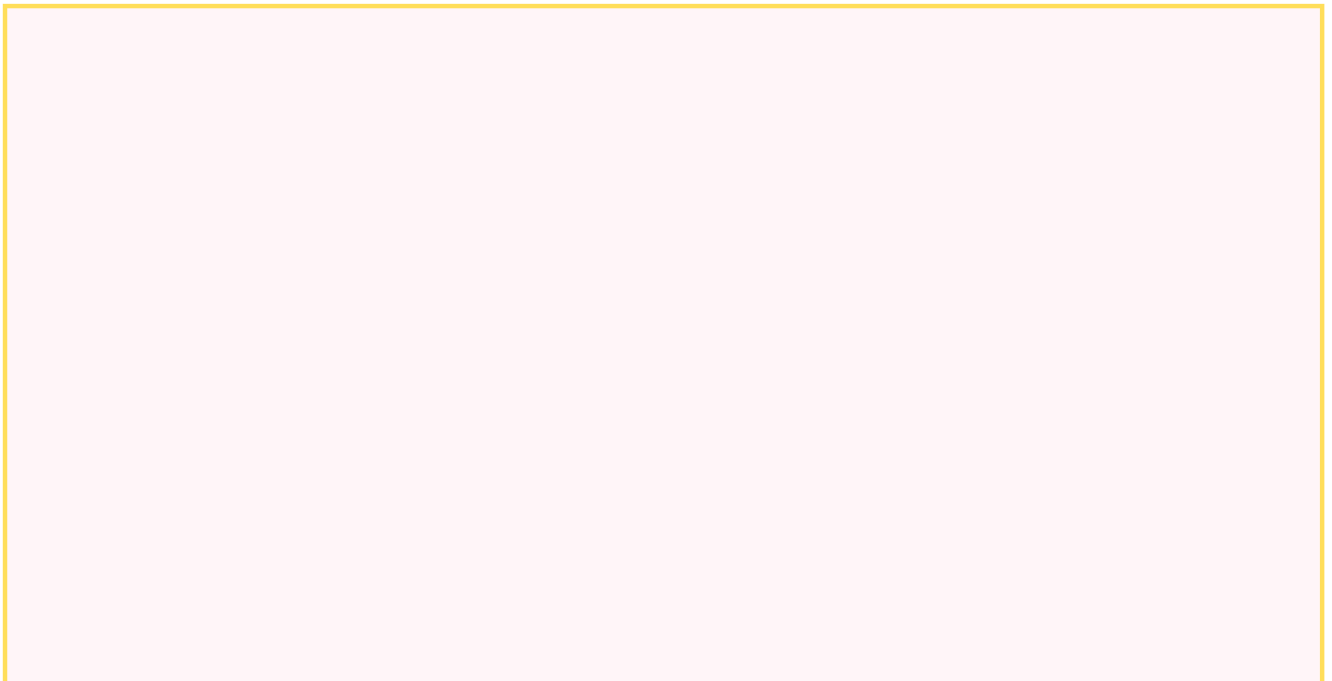
## Exercise - 6

# Don't Let Your Looks to Define You

Do you dislike your body & looks? If so, why?



What steps can you take to love your body & looks? Example : change your mindset, surround yourself with positive people



Don't let the standards set by the society for perfect looks and body image be the reason why you are unable to love yourself.

Always remind yourself this :

**Inner beauty is all that matters and I am beautiful from the inside.**

## Exercise - 7

# Start Prioritizing Yourself

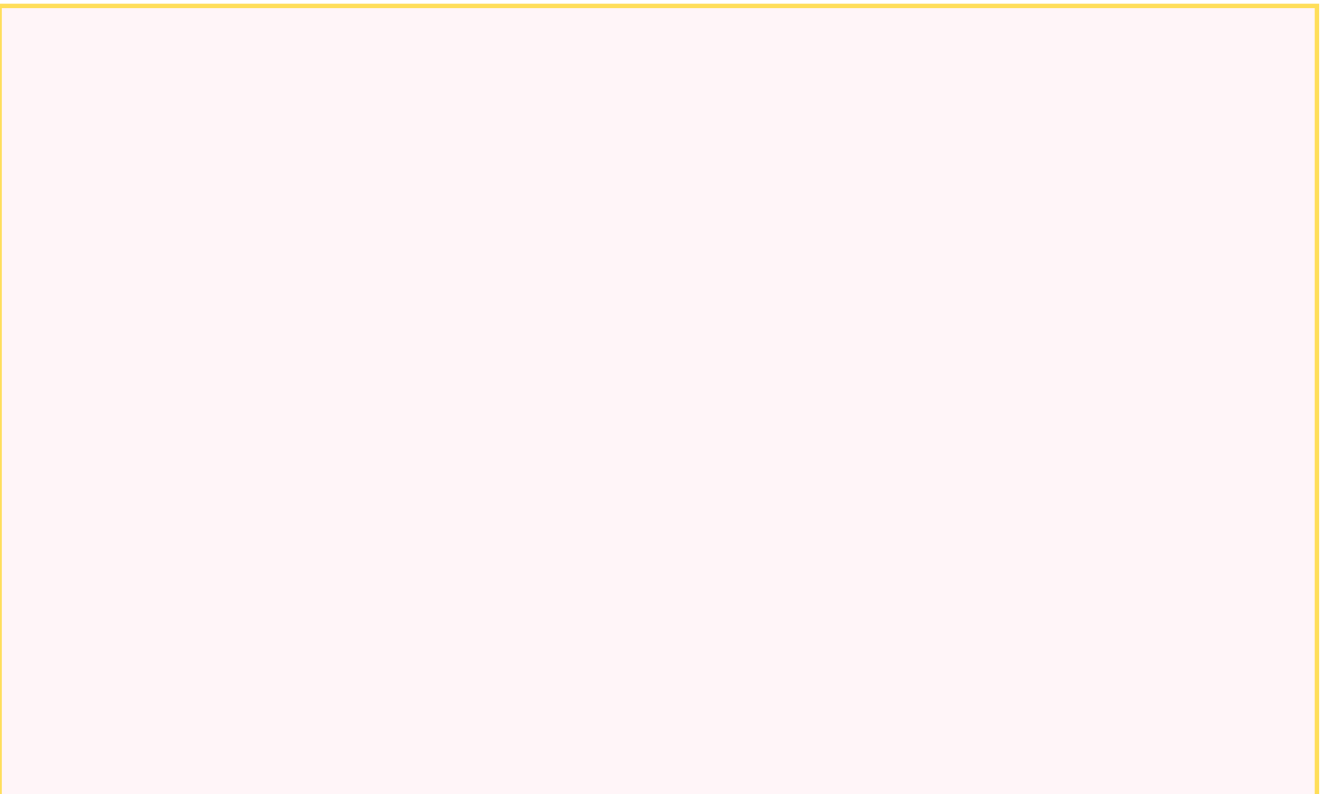
In your priority list, are you included?

Do you give importance to your happiness, comfort & peace of mind?

Why do you find it difficult to prioritize yourself?



What steps should you take to prioritize yourself?



No matter what is the reason, if you are finding it difficult to prioritize yourself, tell yourself this :

I am prioritizing my happiness, comfort & peace of my mind for my own good and it is perfectly fine.

## Exercise - 8

# Allow Yourself to Experience All the Emotions

Do you allow yourself to experience all the emotions? If no, why?



What steps should you take to make peace with unpleasant emotions? For example : journaling, talk to your dear ones





It is always good to make peace with your emotions rather than running away from them.

Next time, when you are restricting yourself from experiencing unpleasant emotions, remind yourself this :

**I am feeling \_\_\_\_\_ (example : anger, sad) and it is okay to feel this emotion. I have to focus on taking necessary steps to make me feel good again.**

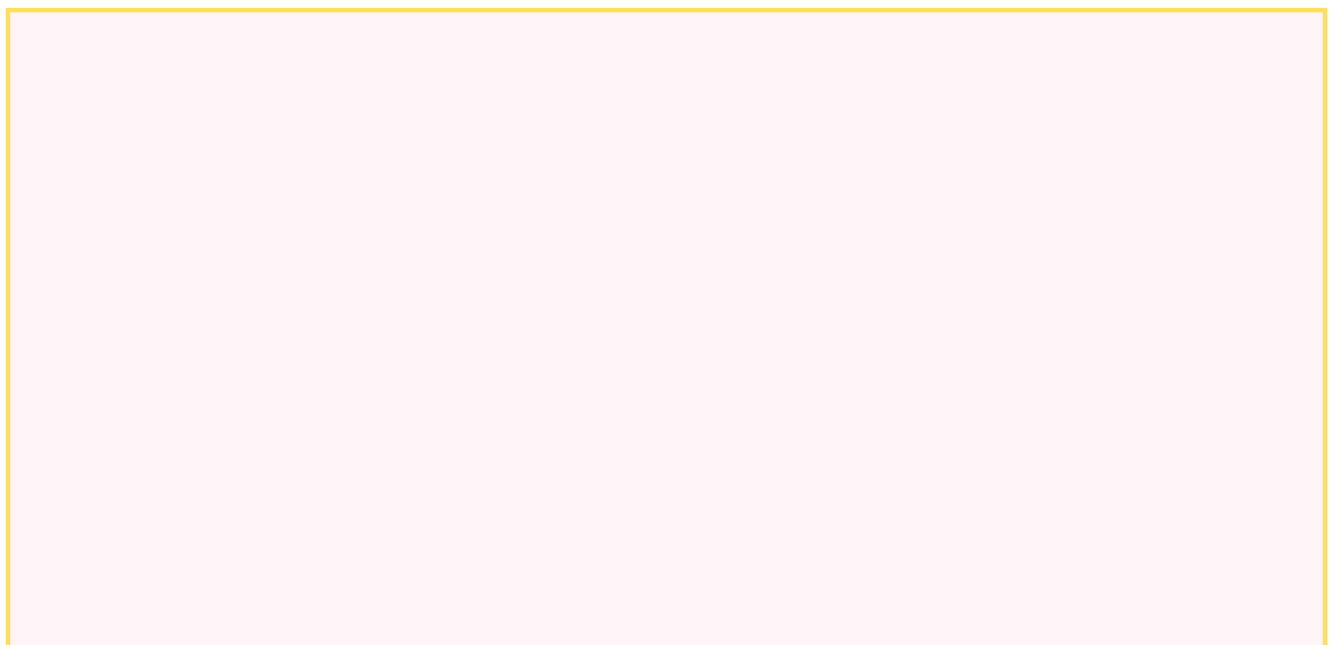
## Exercise - 9

# Get Out of Your Comfort Zone

Do you step out of your comfort zone to experience new things? If no, why?



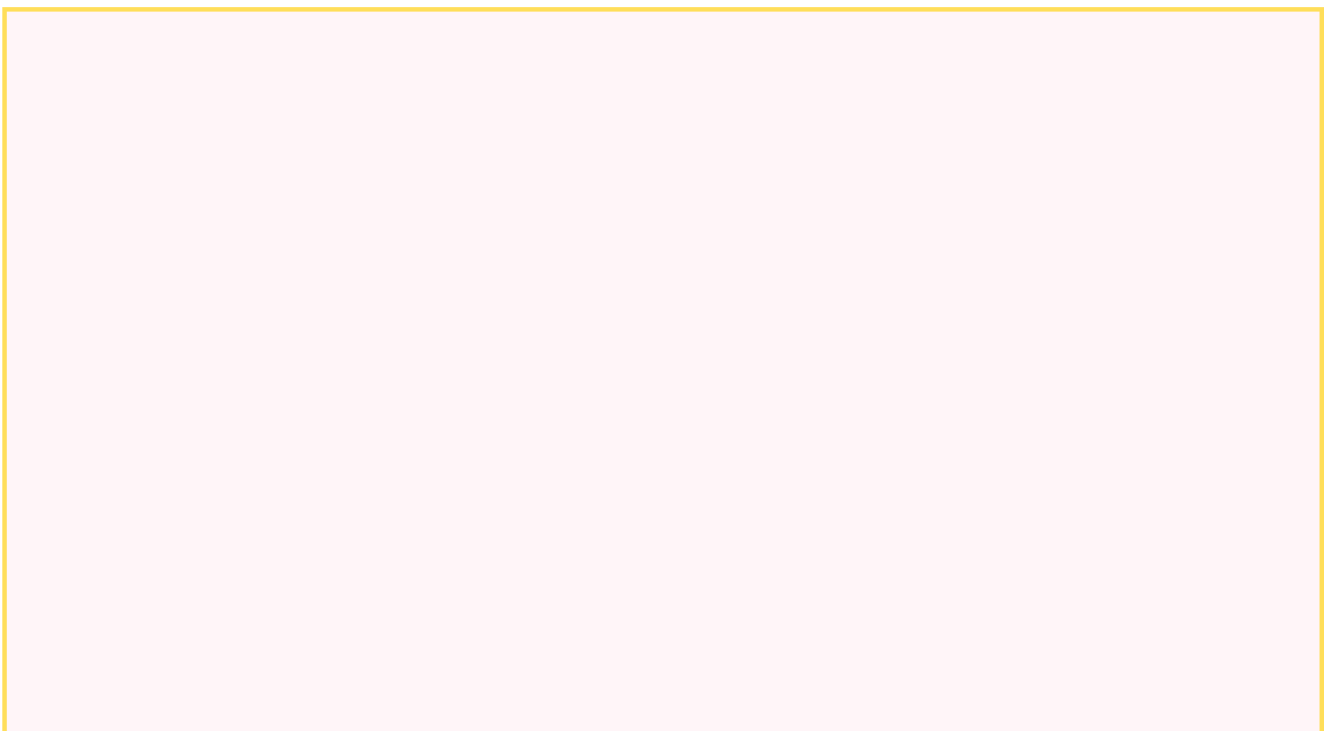
Have you set limitations on yourself which is stopping you from getting out of your comfort zone?



What have you done till now that required you to step out of your comfort zone? How did it feel?



What steps should you take so that you can step out of your comfort zone and so that you get to know new things, places, people and so on?



Until and unless you step out of your comfort zone, you will not know what makes you happy, you will not get to discover yourself.

So, dare yourself to break the wall of limitations you have built around yourself.

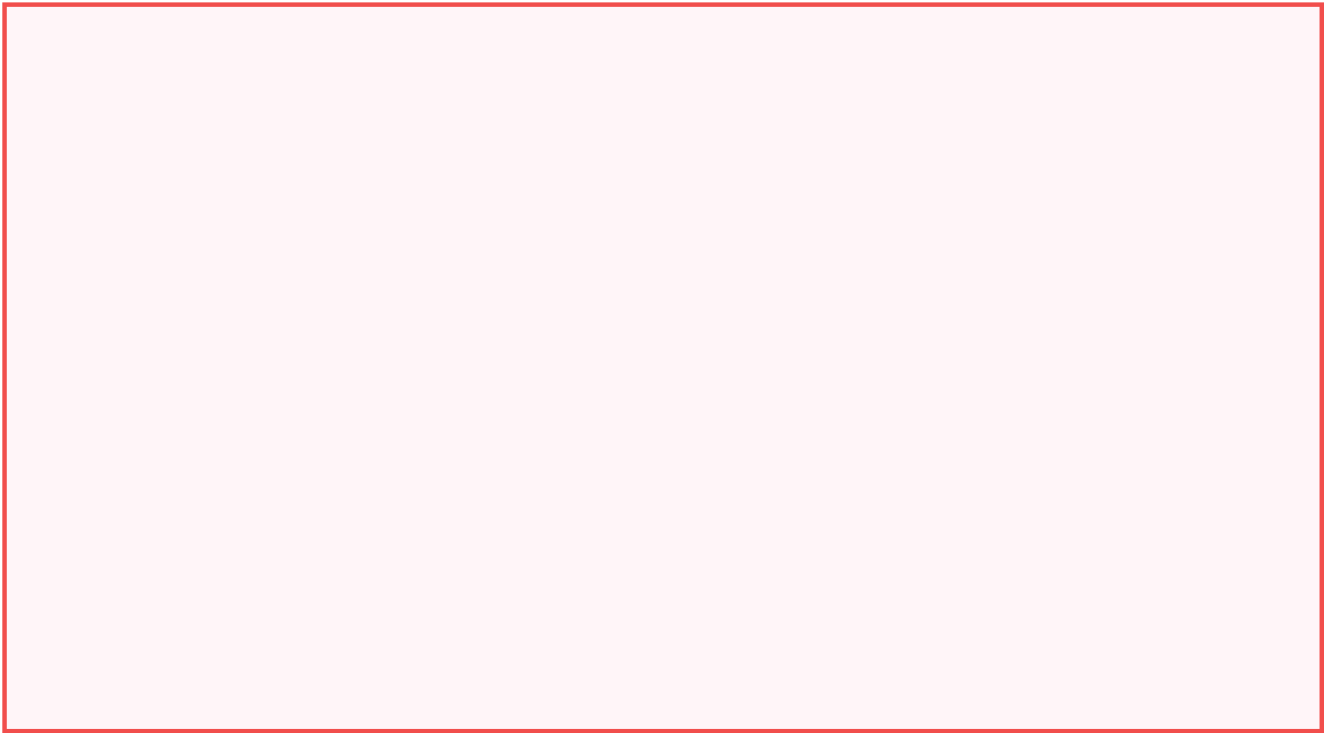
Remind yourself this :

**I am ready to explore beyond the boundaries I have set for myself.**

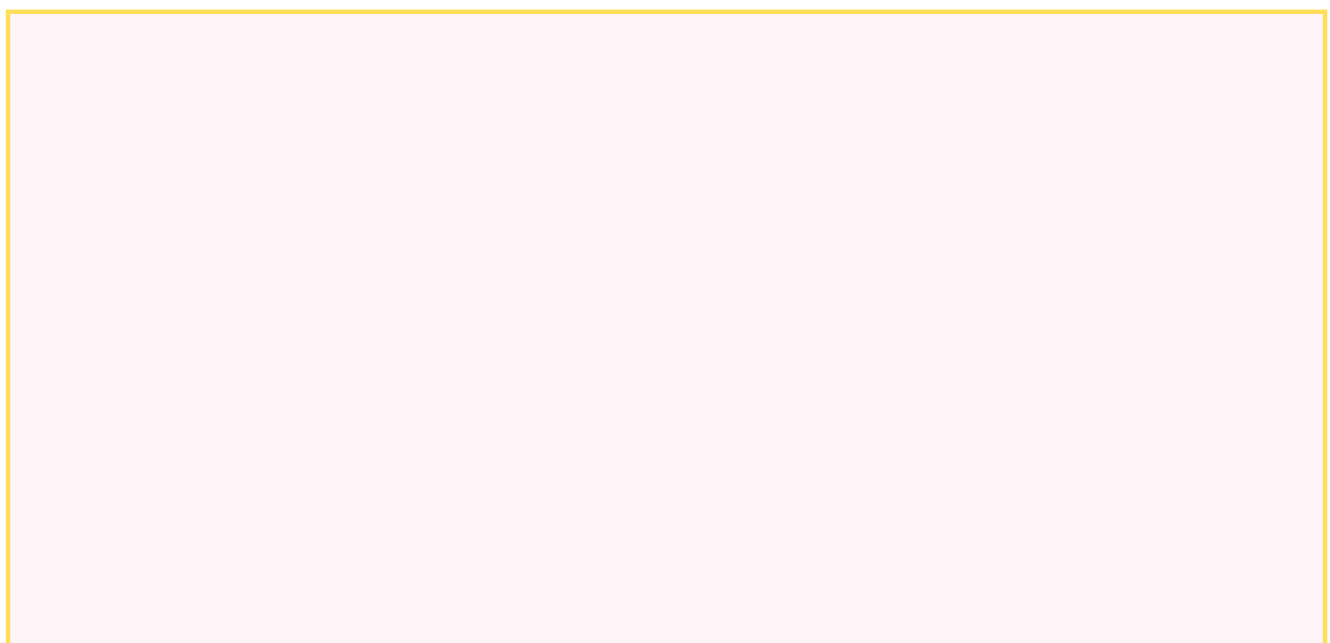
## Exercise - 9

# Shower Yourself with Love

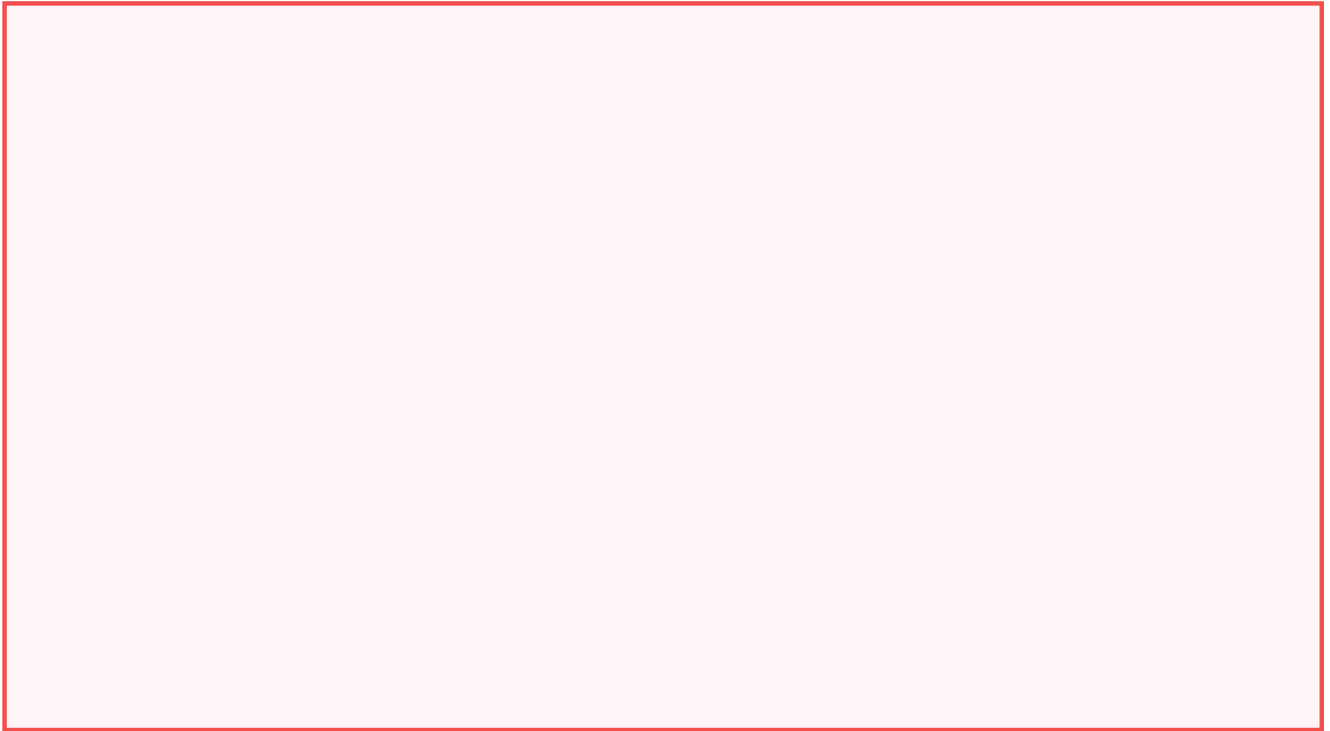
Do you do things that you love to do?



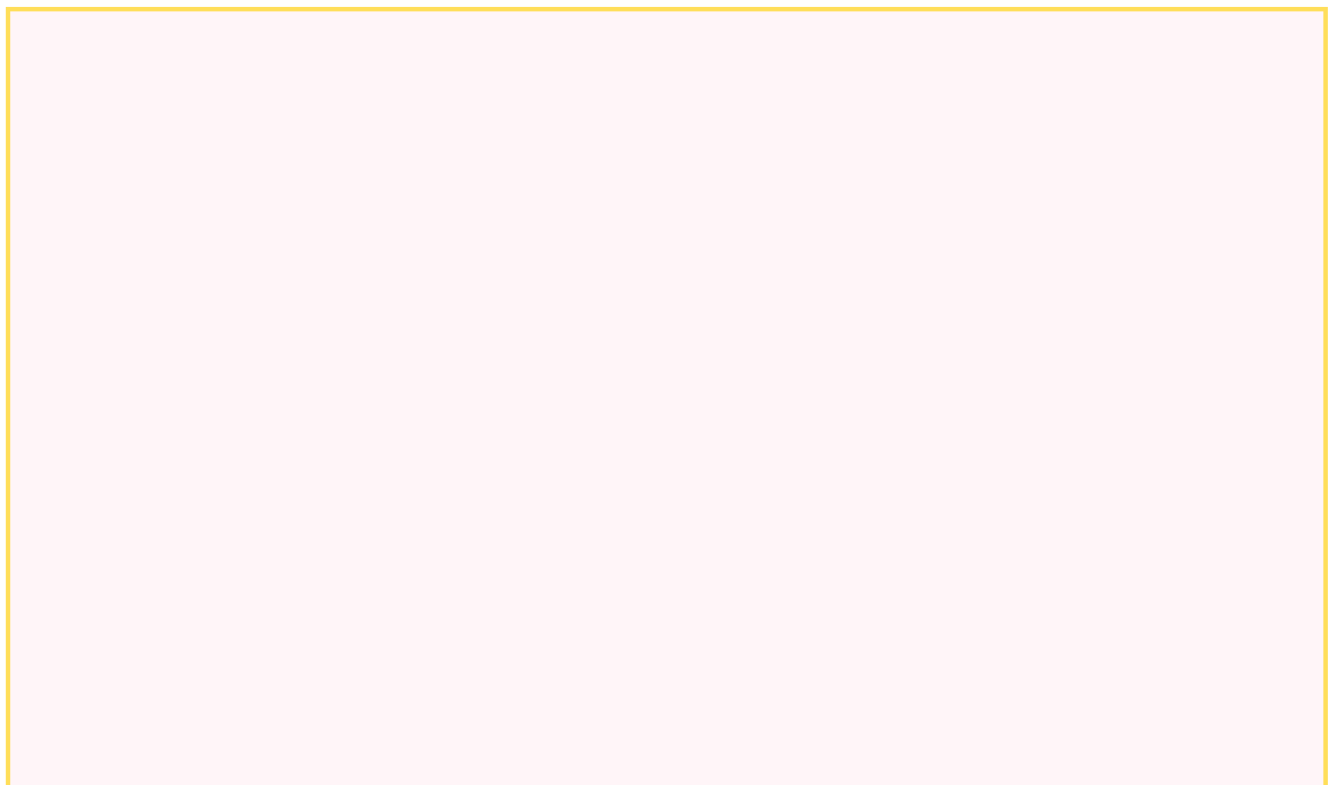
Do you take enough time in a day for self care?



When is the last time you practiced self care? How did it feel?



What can you do to make self-care a part of your daily routine?



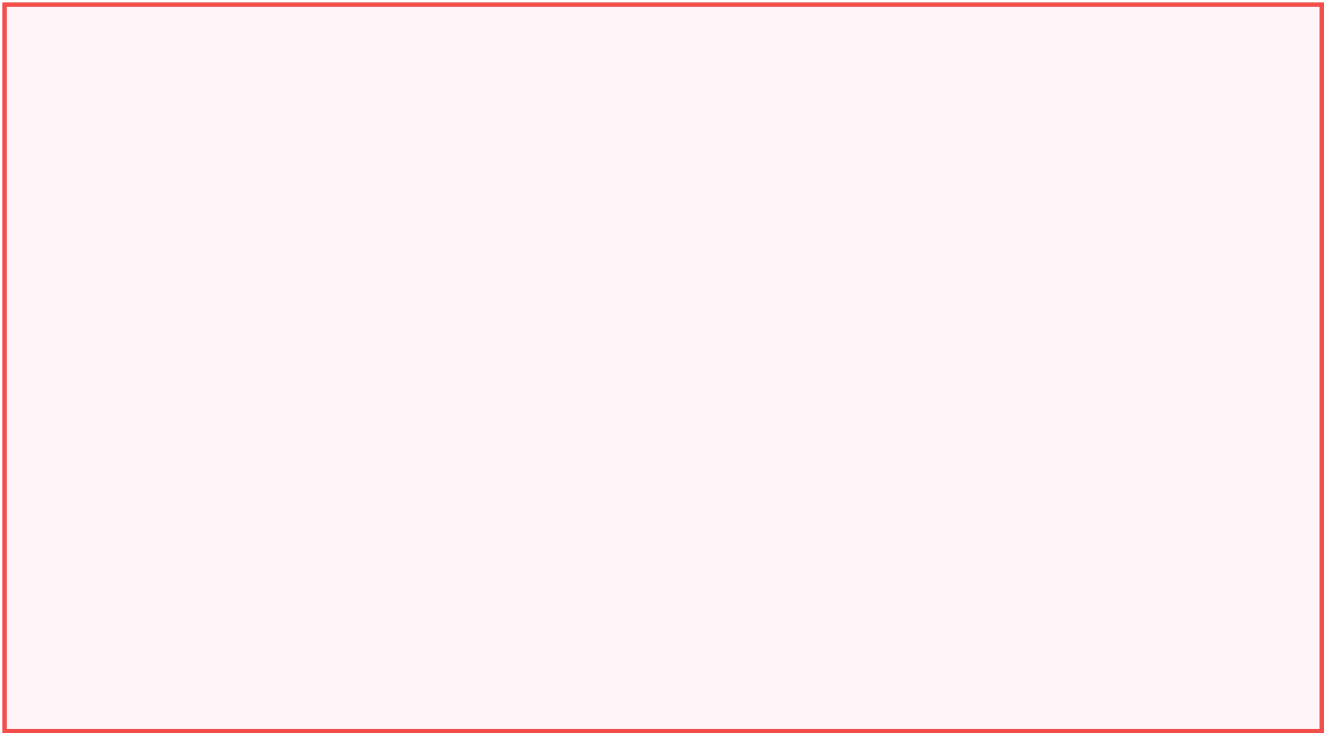
For whatever reason, if you are finding it difficult to practice self care remind yourself this :

**It is perfectly okay to shower myself with love and care through self care activities. I am doing this for my happiness.**

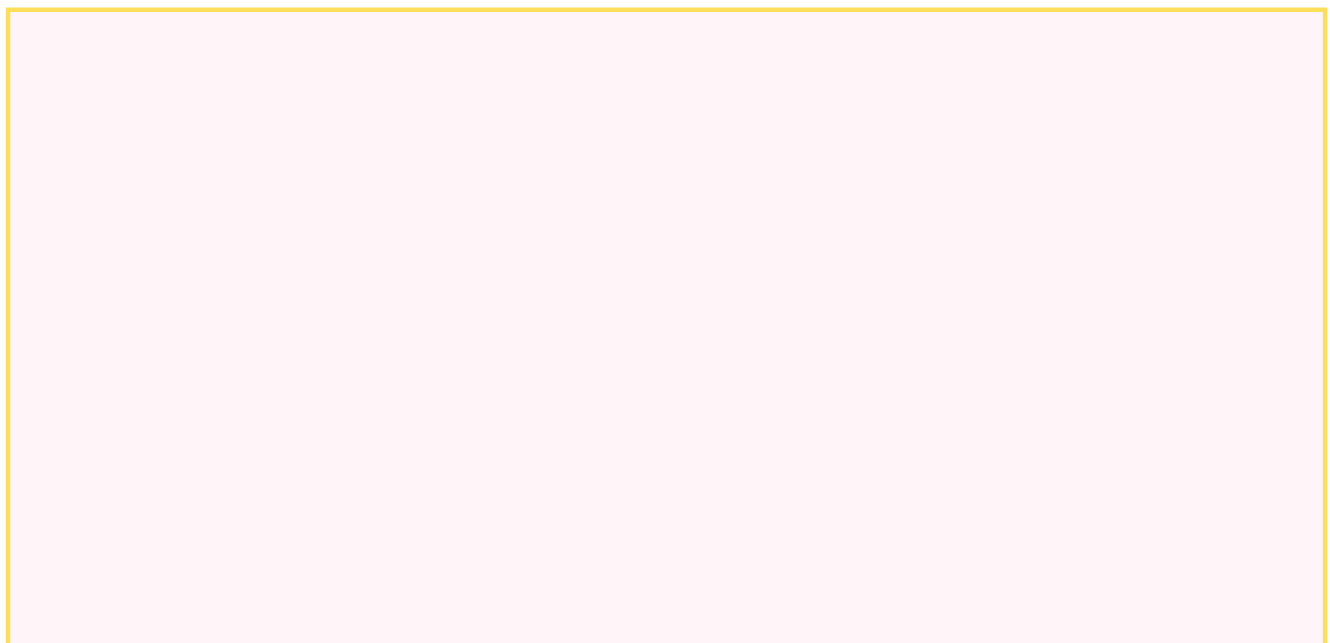
## Exercise - 11

# Silence Your Inner Critic

Listen to your inner voice? What does it tell you?

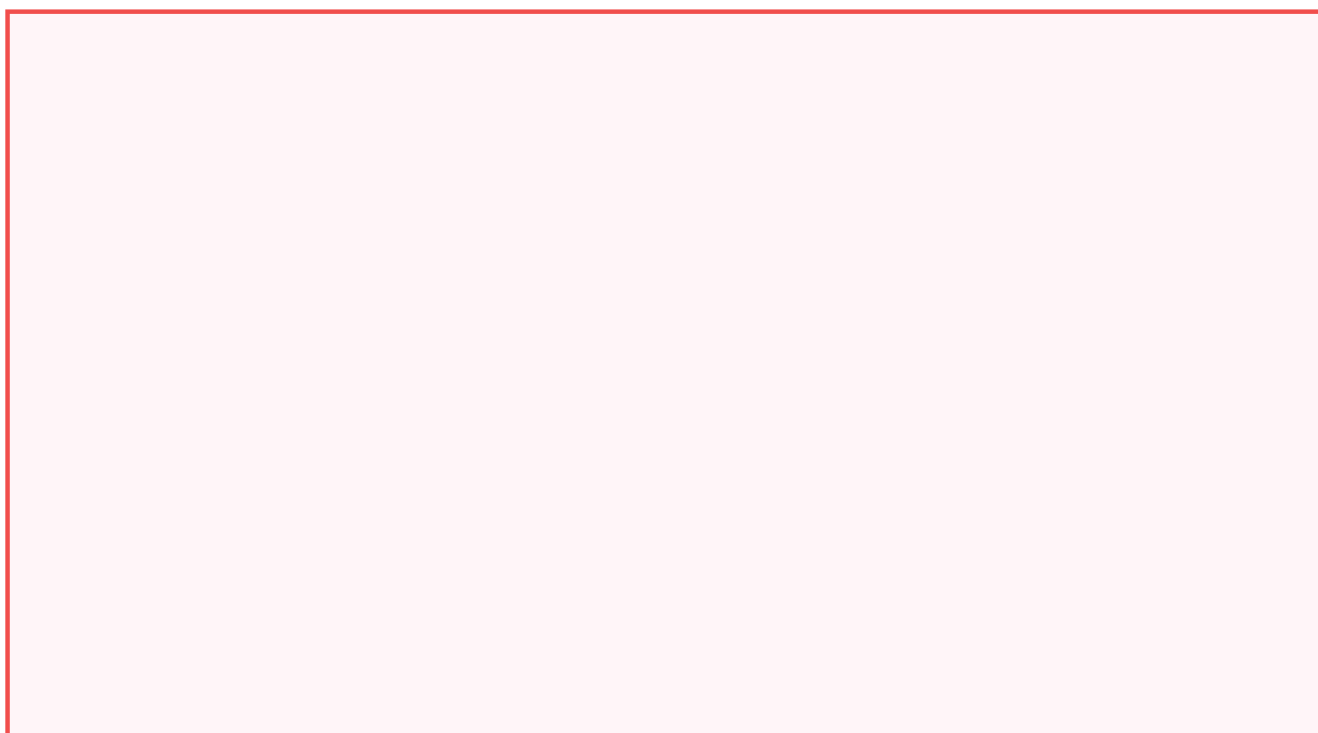


Is your inner voice encouraging or demotivating?





Is it affecting the decisions you are taking?



Next time before you make a decision just based on your inner critic's voice, analyze both sides of the situation and then take the decision.

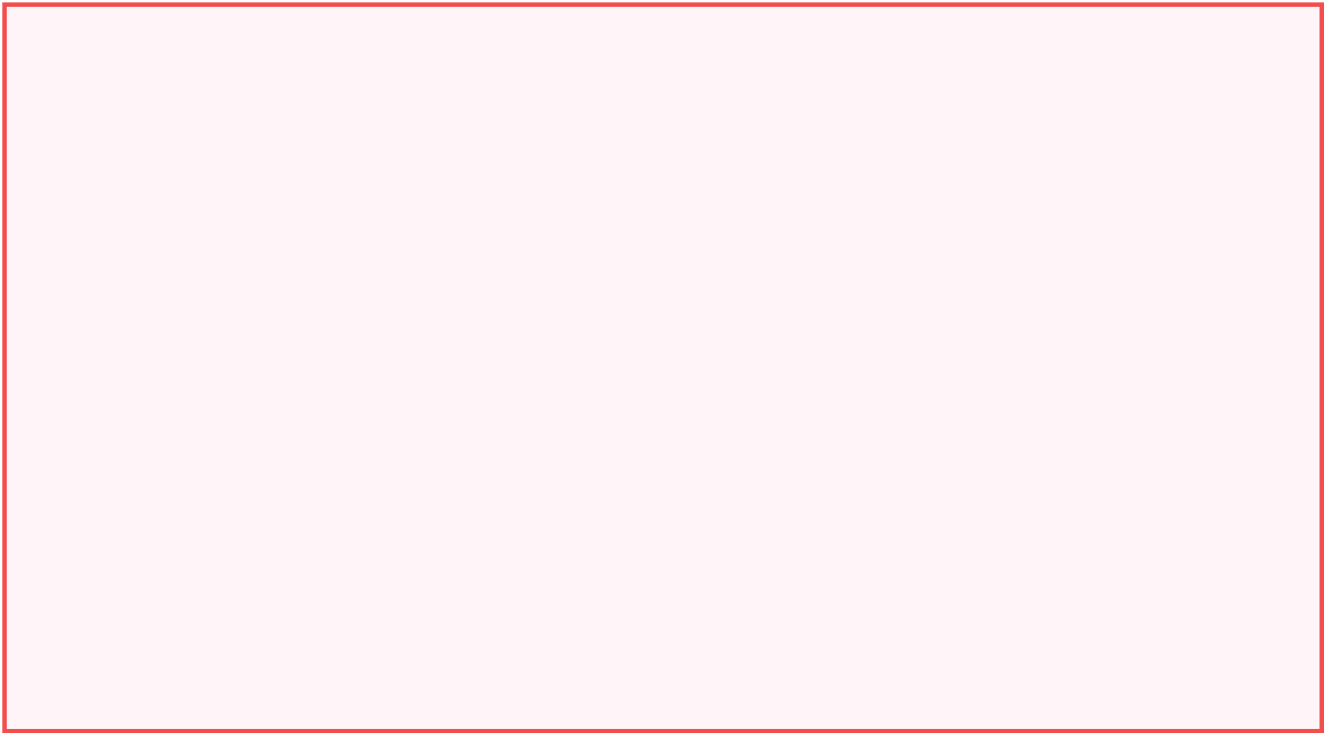
Remind this to yourself :

**I am capable of making decisions for myself by analyzing what is right and wrong.**

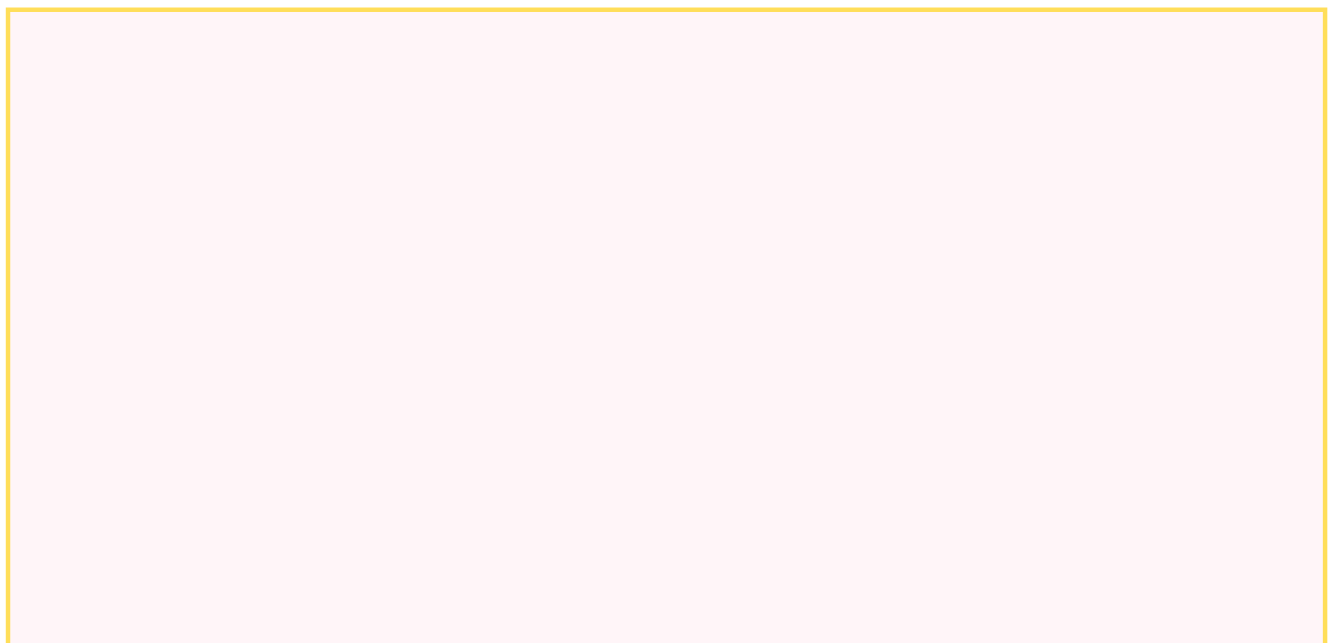
## Exercise - 12

# Stay Away from Toxic People

Are there any toxic people in your life? If so, have you maintained a safe distance from them?



Are toxic people affecting your life, in any ways?



What steps should you take to limit yourself from toxic people?



Toxic people do more damage than good. So make sure that you keep a safe distance from them.

Remind yourself this :

**I am maintaining distance from \_\_\_\_\_ for my own happiness and peace of my mind. I am doing this to protect myself & for my ultimate good.**

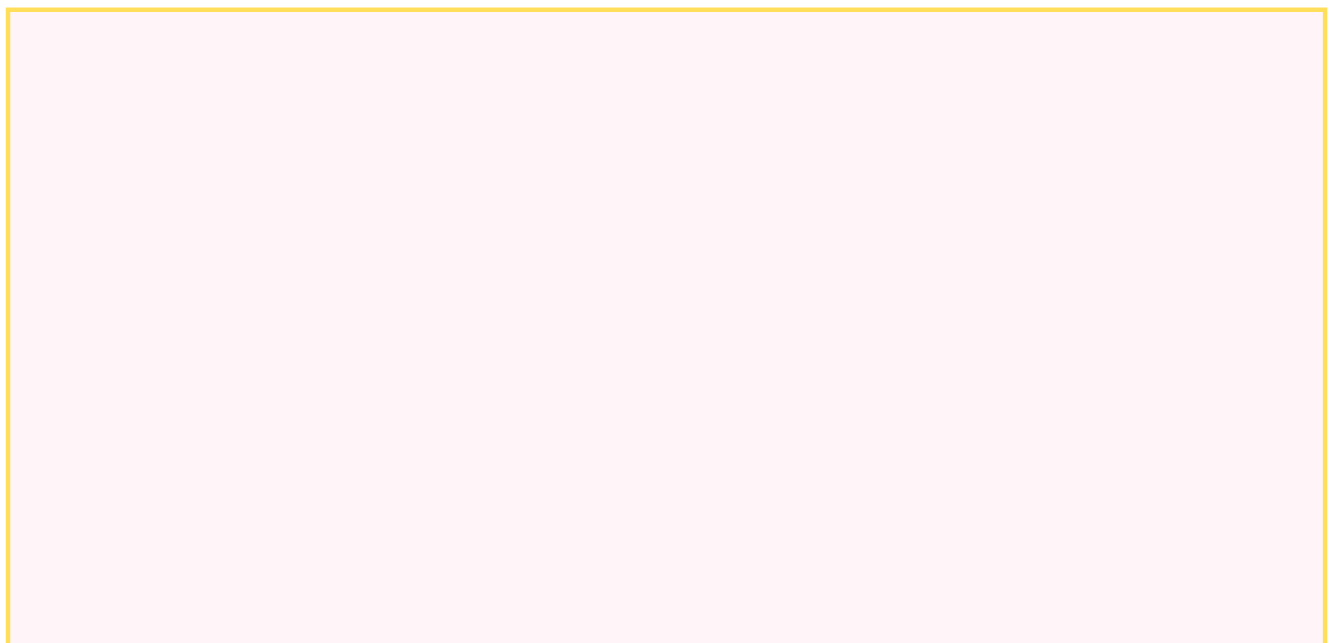
## Exercise - 13

# Take Help When Needed

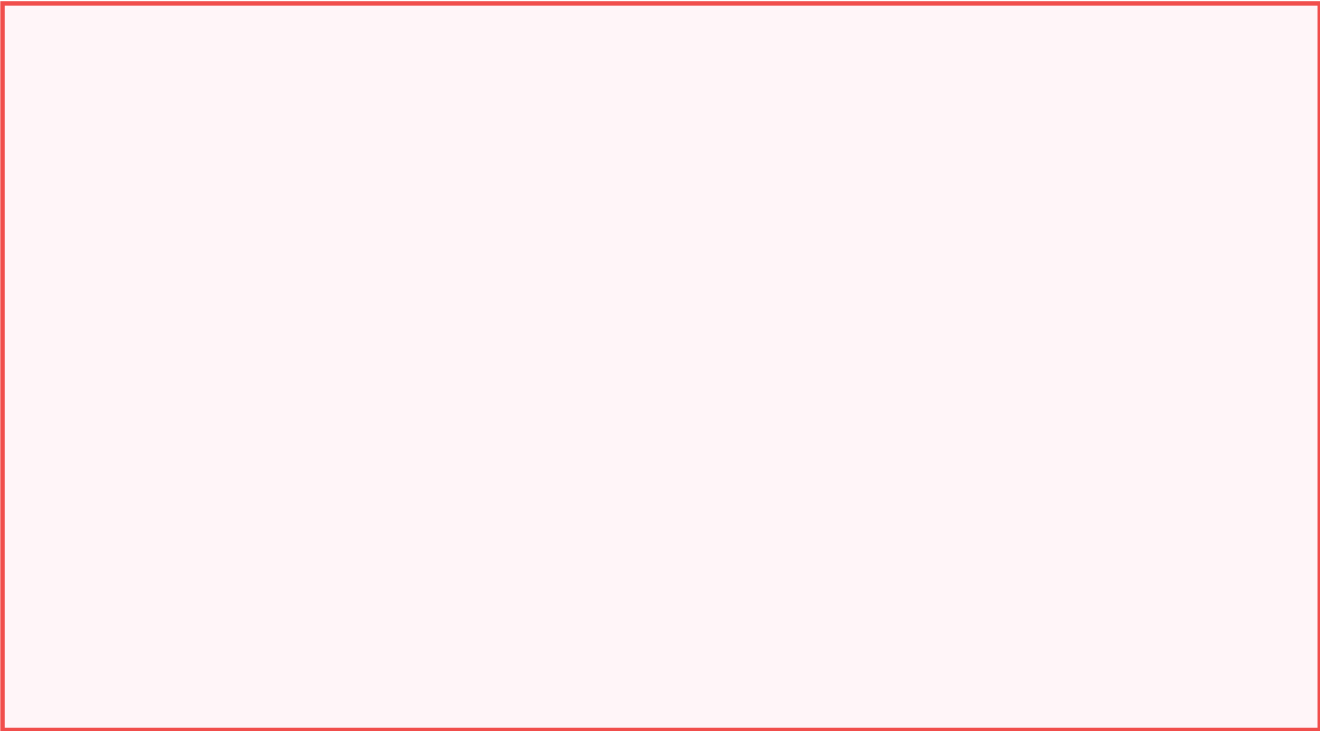
Do you take help from others when it is needed? If no, why not?



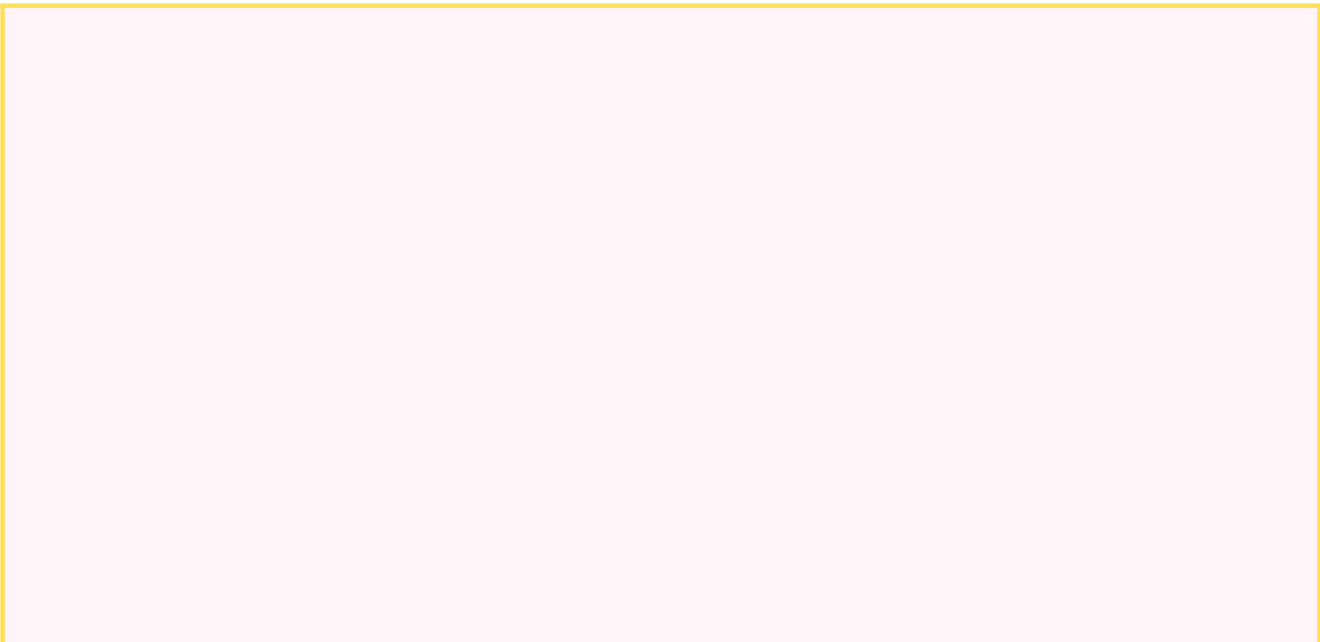
Do you need to take help from someone to fix any problems in your life?



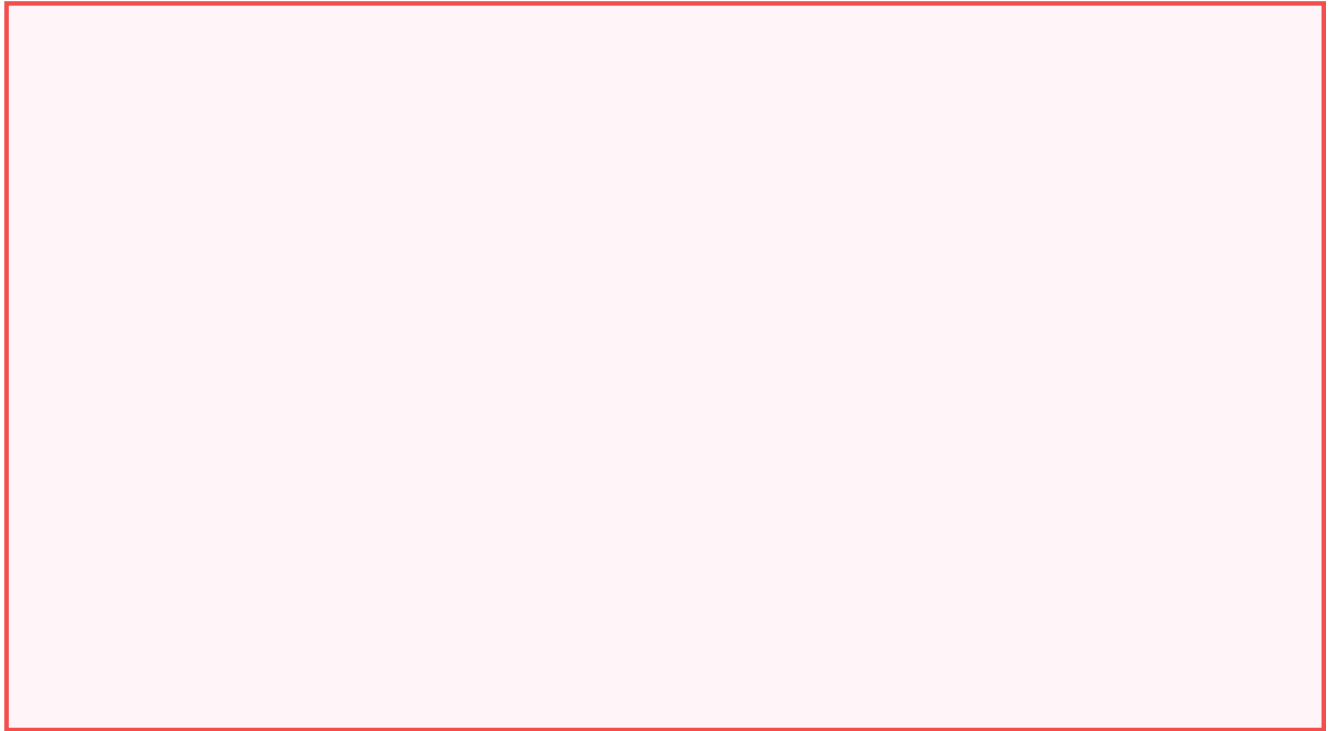
For what problems do you need to take help?



How will taking help benefit you?



What should you do to get the necessary help?



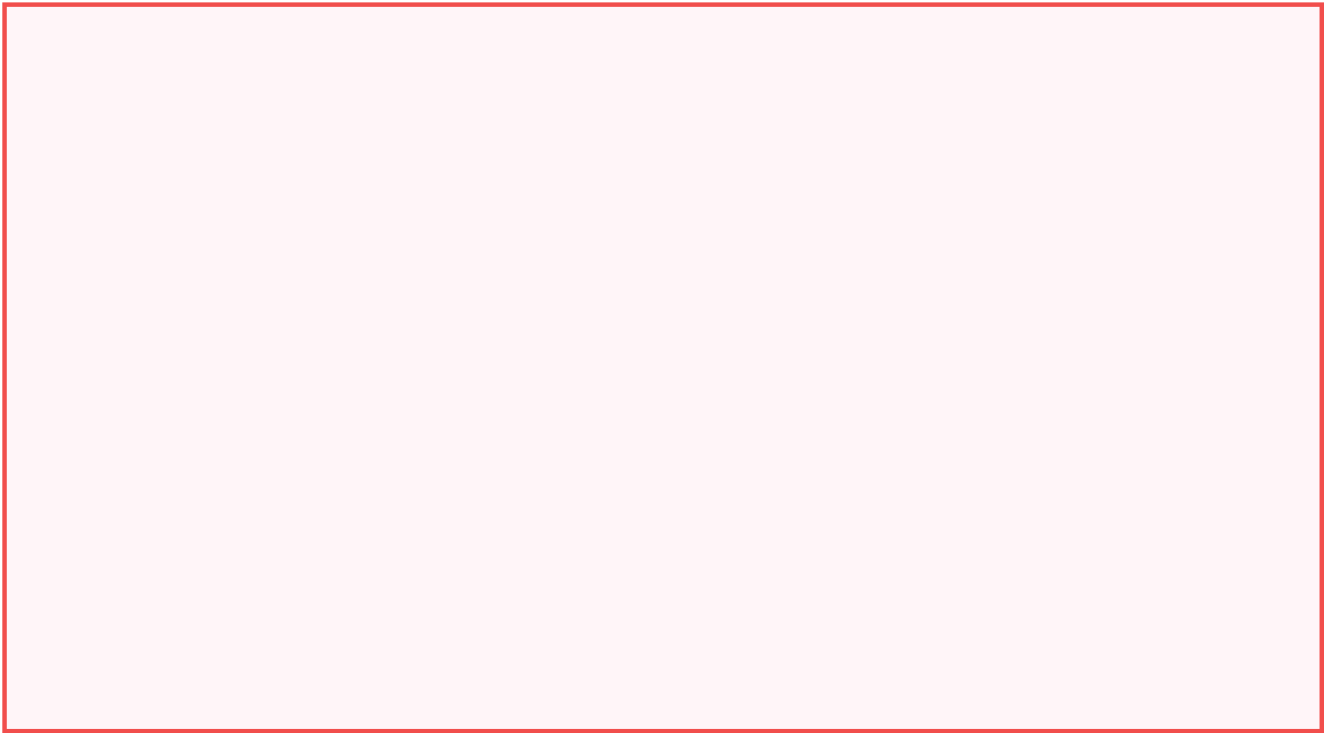
If you are finding it difficult to take help for whatever reason, remind yourself this :

**I am asking for help because I am strong & courageous and for my ultimate good.**

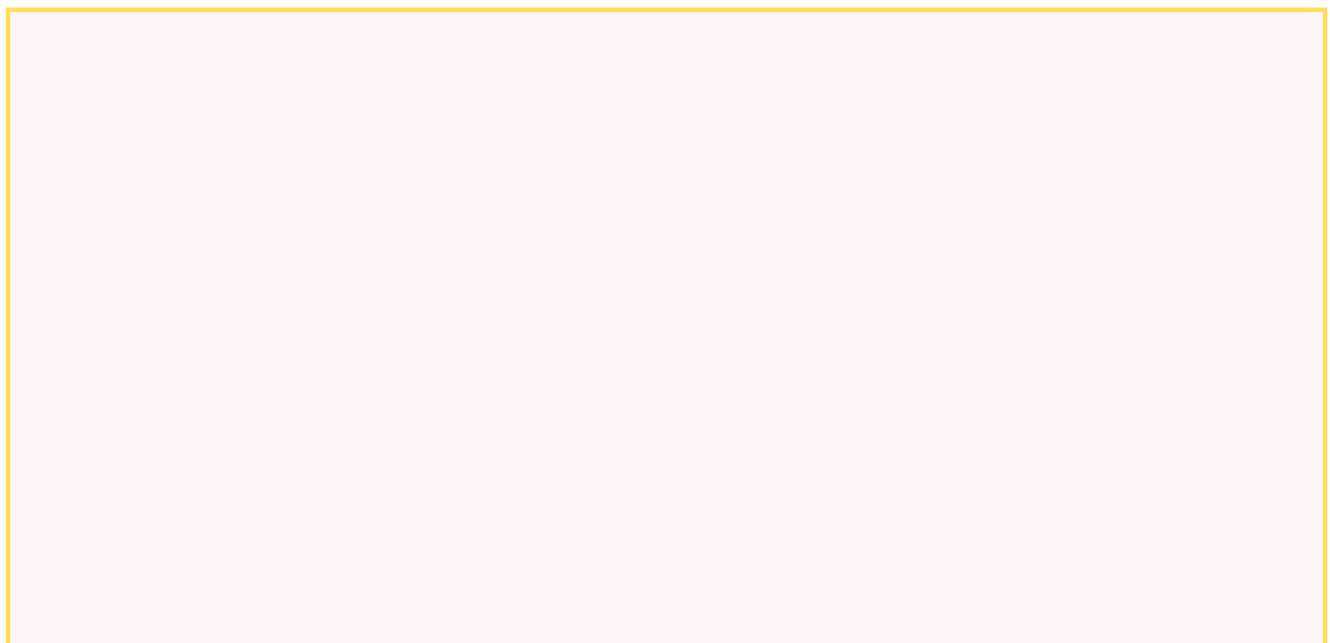
# Exercise - 14

## Find Out Who You Are

Do you know who you are?



What makes you happy, sad , stressed, anxious?

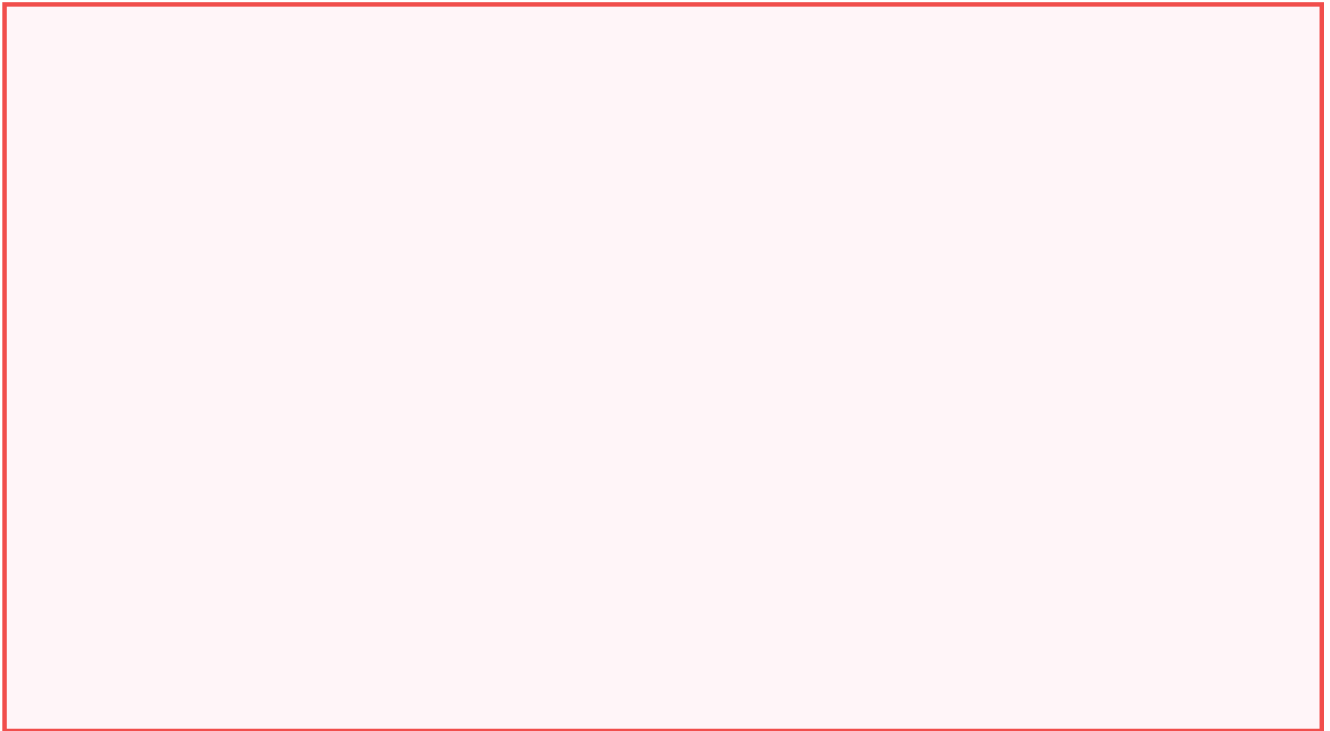


What satisfies you in life?

What do you want from life?



How does your ideal day look like?



Answer the following questions and discover who you are.

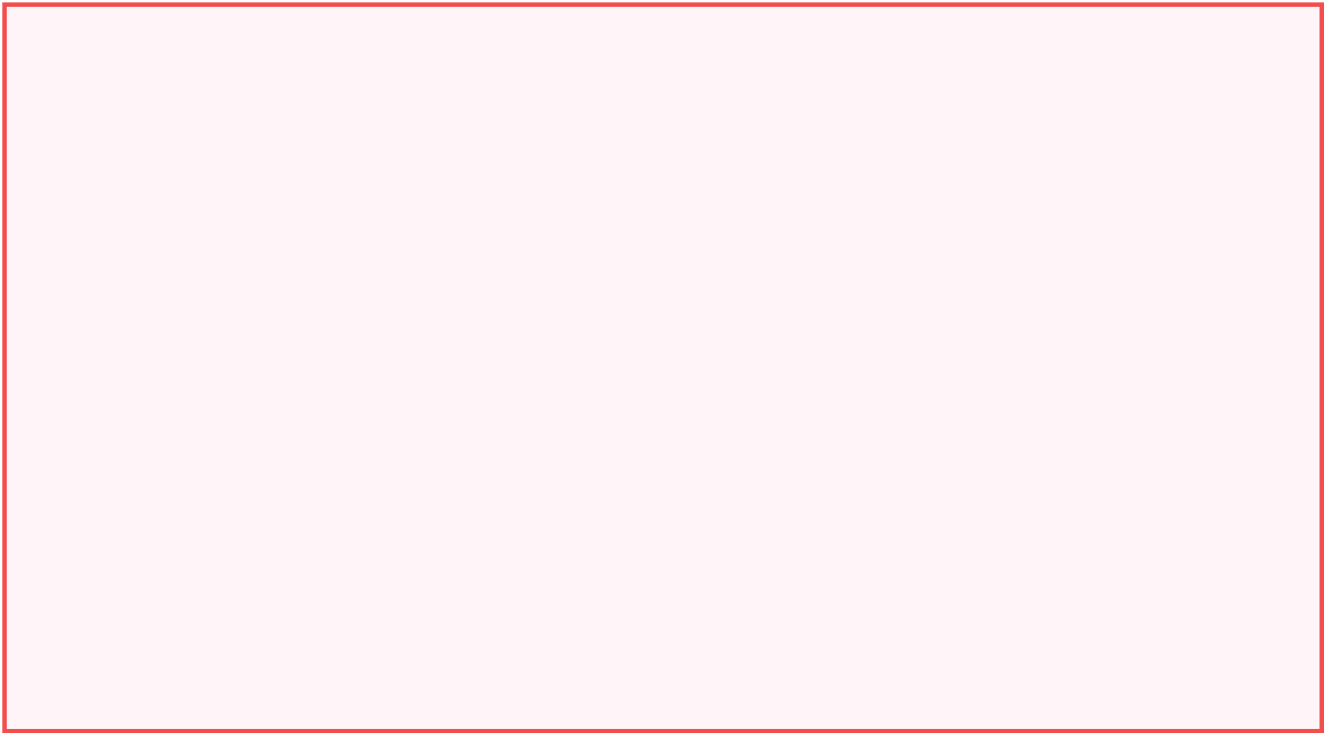
Take all the time in the world to know who you are. And finally, when you realize who you are, you should be able to tell with confidence that

**I know who I am.**

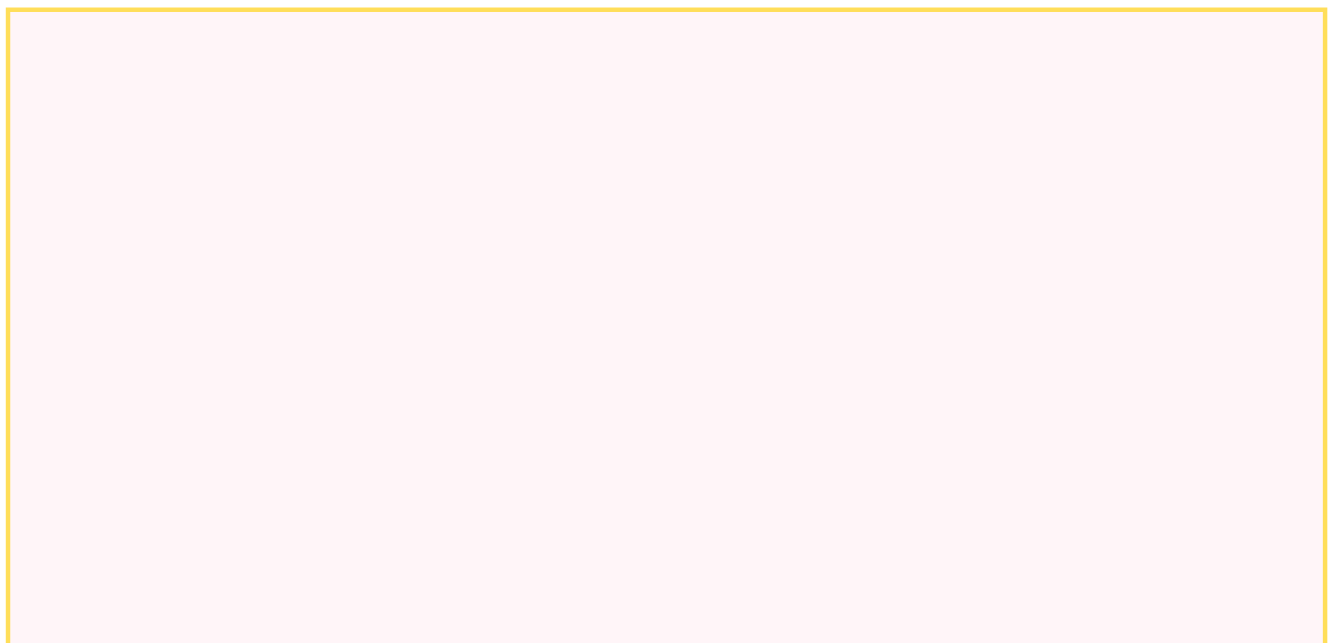
## Exercise - 15

# Spend Time with Yourself

Do you spend with yourself?



Are you comfortable spending time with yourself?  
If no why?



What steps should you take that you can spend more time with yourself?

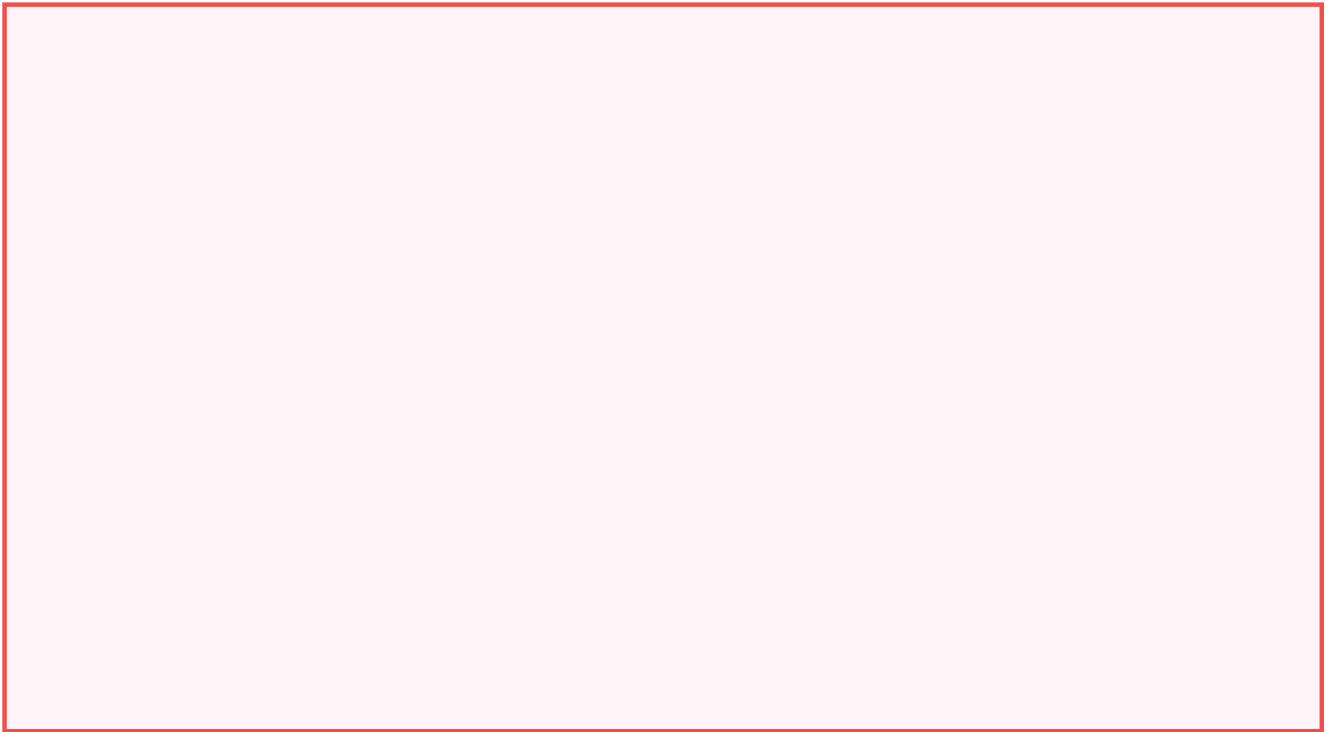


Learn to be comfortable and to enjoy the time you are spending with yourself.

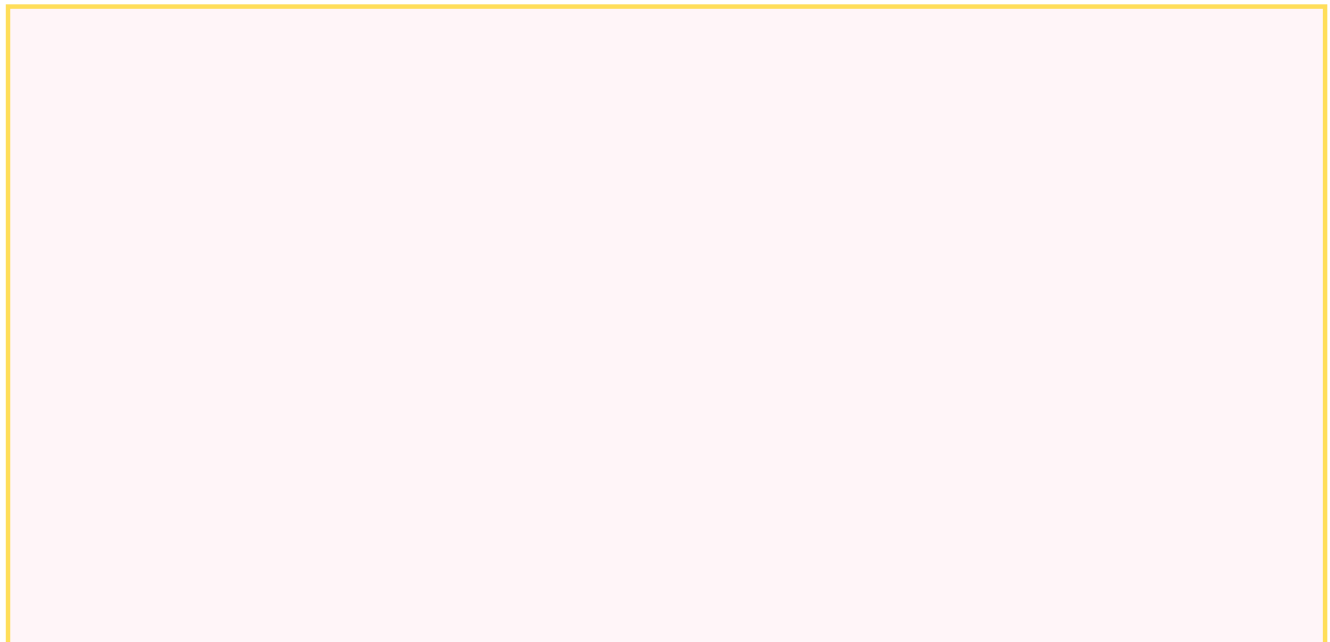
## Exercise - 16

# Accept Your Flaws & Imperfections

What flaws and imperfections do you have?



Are you at peace with your flaws and imperfections? If no, why?



What steps should you take to accept yourself the way you are?



Remember that the flaws & imperfections are what make you unique. Learn to accept it and love yourself for that.

Remind yourself this :

**My imperfections are what make me unique. I love myself for that.**

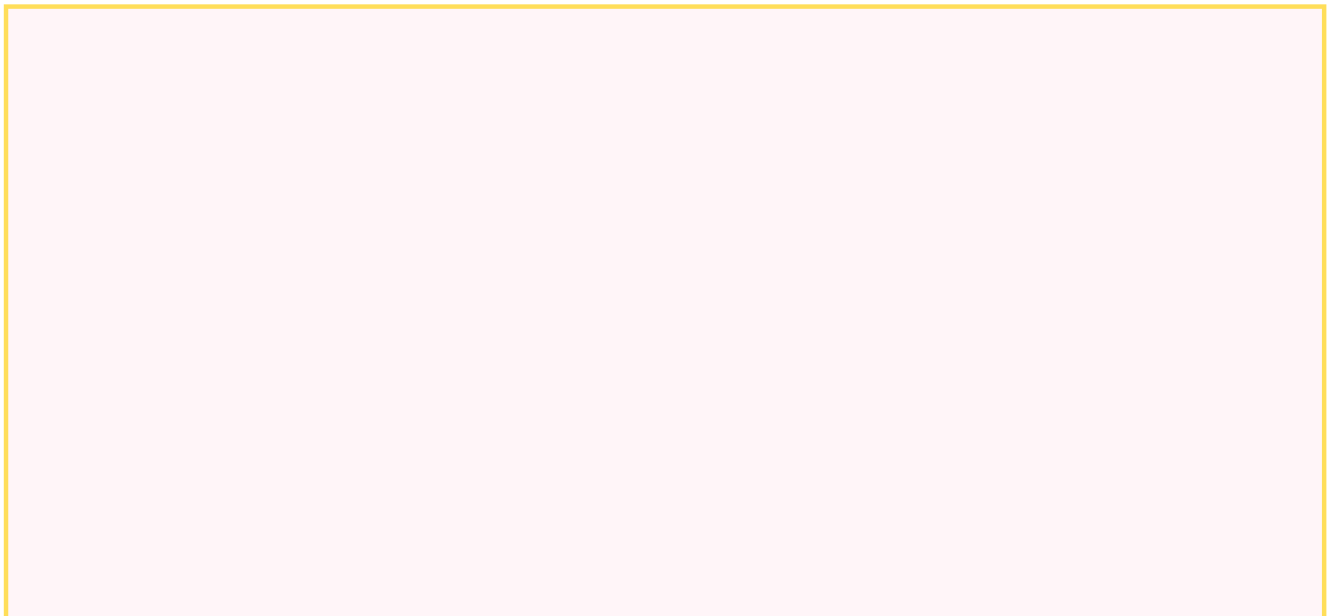
# Exercise - 17

## Miscellaneous

Apart from this, is there anything else that is hindering your practice of self love? If so, write about it in detail.



What can you do to solve this issue? Write in detail.



Some contents that will be helpful for you

**15 powerful ways to practice self love**

**30 inspiring self love quotes**

**20 ways to practice self care for your overall well  
being**

**30 self care quotes that highlight the importance  
of taking care of yourself**

I am so glad that you made it till here! Did you find this workbook helpful? I will be more than happy to know your thoughts about this workbook.

Send me an email at  
[ninettenixon@mouldinglife.com](mailto:ninettenixon@mouldinglife.com)

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**Instagram** or **Twitter**.

Check out the **blog** for contents that will inspire and motivate you to become the best version of yourself.

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# NOTES