

Self-Love Check-In

A Guided Reflection Worksheet

Assessing Your Relationship with Yourself

Welcome to your Self-Love Check-In.

This worksheet is designed to help you pause, reflect, and assess how you're showing up for yourself. There are no right or wrong answers—only honest ones. Self-love isn't about perfection; it's about awareness, compassion, and the willingness to grow.

Take your time. You can complete this all at once or return to it over several days. Honor whatever comes up for you.

Part 1: Self-Awareness

Right now, how would you describe your relationship with yourself?

On a scale of 1-10, how much compassion do you currently show yourself?

1

Very little

3

Some

5

Moderate

7

Often

10

Consistently

What does self-love mean to you? (Not what you think it "should" mean—what it actually means to you.)

When was the last time you felt truly at peace with yourself? What made that moment different?

Part 2: Self-Talk & Inner Dialogue

If your inner voice had a tone, what would it be? (e.g., critical, encouraging, neutral, harsh, supportive)

What's one recurring thought or belief you have about yourself that feels heavy or limiting?

If a close friend spoke to themselves the way you speak to yourself, what would you say to them?

Reflection Pause:

What would it feel like to offer yourself that same kindness?

Part 3: Needs & Boundaries

What do you need most right now—physically, emotionally, or mentally?

Are you currently giving yourself what you need? If not, what's getting in the way?

Check all the boundaries you currently honor for yourself:

- Saying no without guilt or over-explaining
- Protecting my time and energy
- Stepping away from relationships or situations that drain me
- Allowing myself to rest without feeling lazy
- Asking for help when I need it
- Speaking up for myself even when it's uncomfortable
- Setting limits on how others treat me

What's one boundary you want to set (or reinforce) this month?

Part 4: Self-Care & Nourishment

What activities, practices, or rituals help you feel most like yourself?

How often are you currently making time for these? What gets in the way?

When you think of "self-care," what comes to mind? Is it something you do, or something you feel you "should" do?

What's one small, sustainable way you can nourish yourself this week?

Part 5: Growth & Release

What's one pattern, belief, or habit you're ready to release because it no longer serves you?

What would it feel like to let that go? What might become possible?

What's one quality or practice you want to cultivate more of in your relationship with yourself?

What support (internal or external) do you need to make this shift?

Part 6: Closing Reflection

After completing this check-in, what stands out to you most?

What's one thing you want to remember or carry forward from this reflection?

*"You yourself, as much as anybody in the entire universe, deserve your love and affection."
— Sharon Salzberg*

Commitment to Self:

Write one compassionate promise to yourself based on what you've discovered:

Inmost Being BCS

Trauma-Informed, Identity-Affirming Therapy & Support

✉ info@inmostbeingbcs.com | 🌐 www.inmostbeingbcs.com | 📞 703-219-8230

*This worksheet is for personal reflection and growth. It is not a substitute for professional mental health support.
If you're struggling, please reach out to a therapist or call the 988 Suicide & Crisis Lifeline.*