



SELF-LOVE FOR SELF-CARE

Purpose

This worksheet is a therapeutic resource created to help you build a more supportive relationship with yourself. Through guided imagery and reflective writing prompts, you will explore your personal needs and develop a deeper understanding of what self-care looks like for you.

1. Create an image of a plant.

Imagine your very own plant (no need to be artistically brilliant or realistic, just go with your intuition). Draw (or paint, collage, etc.) a picture of your plant in its healthiest and most thriving state:

A large, empty rectangular box with a thin black border, intended for the user to draw their own plant.



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Consider the conditions that could make it more difficult for your plant to grow or thrive (for example: a container that is too small, too much or little water). Write, draw or create an image of these conditions here:

Consider what conditions help keep your plant nourished (for example: sunshine, water, soil). Write, draw or create an image of these nurturing conditions here:



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2. What keeps YOU nourished?

In the boxes below, explore the conditions that keep you nourished or neglected. Keep it simple! Jot down some bullet points or sentence fragments or write it as if it's a journal entry. Some examples (if you get stuck): creativity, play, self-compassion, movement, nature, naps, solitude, talking with a trusted friend, encouraging quotes.

What conditions nourish me (for example: creativity, talking with a trusted friend, naps, nature, movement, encouraging affirmations, etc.):

What conditions make it more difficult for me to grow (for example: comparing, perfectionism, lack of sleep, multitasking):



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3. Reflections

Write or reflect on the following questions:

What stood out to you most from this exercise?

How does this insight connect with what you want for your well-being?

If you were to make just one gentle adjustment to how you care for yourself, what might it be?

Are there any other aspects of self-care you would like to explore further or keep in mind moving forward?