

SELF LOVE

SCHOOL JUNIOR

WEEK 3 WORKBOOK

List out your top 3 goals that have not been met yet.

Ask these questions about each of your challenges and write down the answers you get.

1. What's great about this?
2. What *could be* great about this?
3. What else could this mean?

TAPPING QUICKIE:

1. EVEN THOUGH I BELIEVE _____ , I DEEPLY AND COMPLETELY LOVE AND ACCEPT MYSELF.

2. EVEN THOUGH I BELIEVE _____ , I DEEPLY AND COMPLETELY LOVE AND HONOR MYSELF.

3. EVEN THOUGH I BELIEVE _____ , I DEEPLY AND COMPLETELY LOVE AND RESPECT MYSELF.