

# SELF LOVE

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Be your own best friend:

What can you do today to feel better about yourself?

When have you not felt good (physically or emotionally)  
and how did you show yourself love to feel better?

How can loving yourself help you to love others?

How can loving yourself help others to love you?

What is one thing you love most about yourself?  
How do you show this side of yourself to others?

Draw a picture of yourself taking care of yourself  
and showing yourself some love.

Draw a picture showing how your self love can positively impact others.

Draw a picture of you treating yourself to something special.  
What are you doing in the picture?

What are things that make you feel bad about yourself, and how can you  
either avoid those things or develop ways to not let them bother you?

How does it feel inside when you let your love light shine out into the world?

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*As always, feel free to write/draw about anything  
(fiction or non-fiction) having to do with your self love.  
These prompts are just to get you started*

Please turn in your submissions to your teacher  
or [rachel@studentsxpress.com](mailto:rachel@studentsxpress.com) by February 17, 2023