

Self-

Love

Class with Heal With Giuliana Melo

My name is

I learned to love myself on _____

in _____



LOVE FOREVER



www.giulianamelo.com

I can do it



This is what I love about me

2 Fun things about me are

1*

2*

I show kindness to others by



What can I do better ?

(5 things I love about me)

I AM:

1.

2.

3.

4.

5.

LOVE

My heart is big



**Write down people, places and
things that fill my heart**

I AM Amazing:

Affirm with me in 3 steps

1. Start with I or You

2. Choose Am or Are

3. End with

- Kind, grateful, brave, loved, helpful, fearless, capable, generous, talented, gifted, smart, funny, etc.

Write affirmations about you.

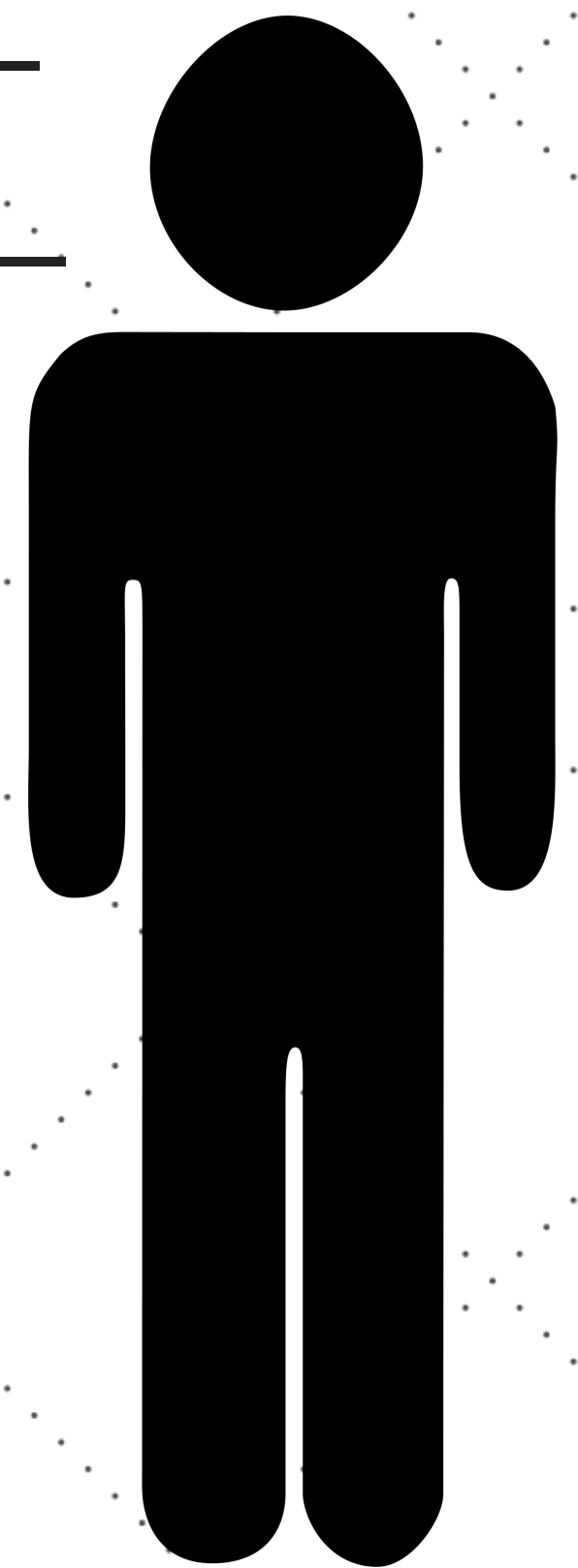
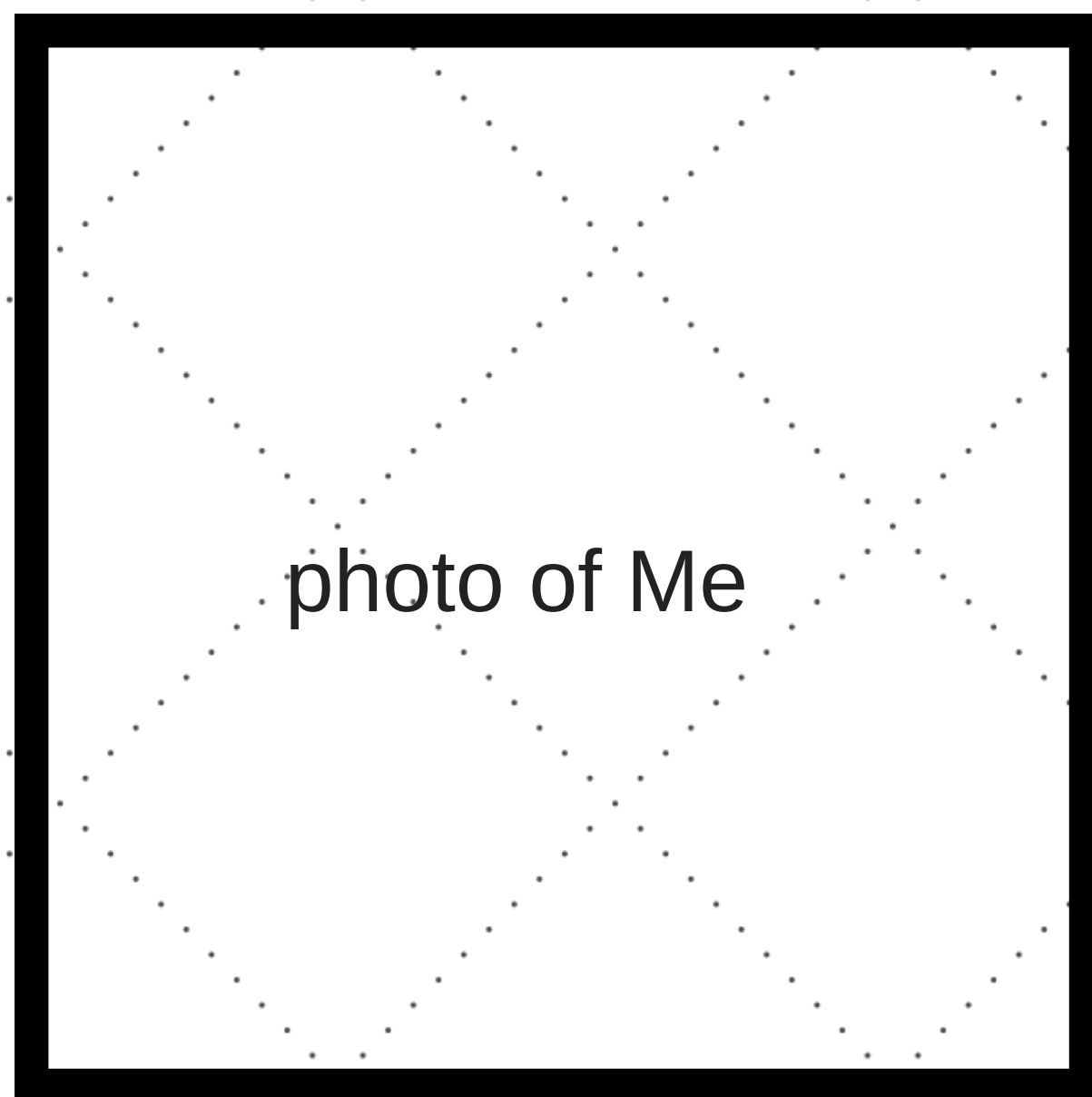
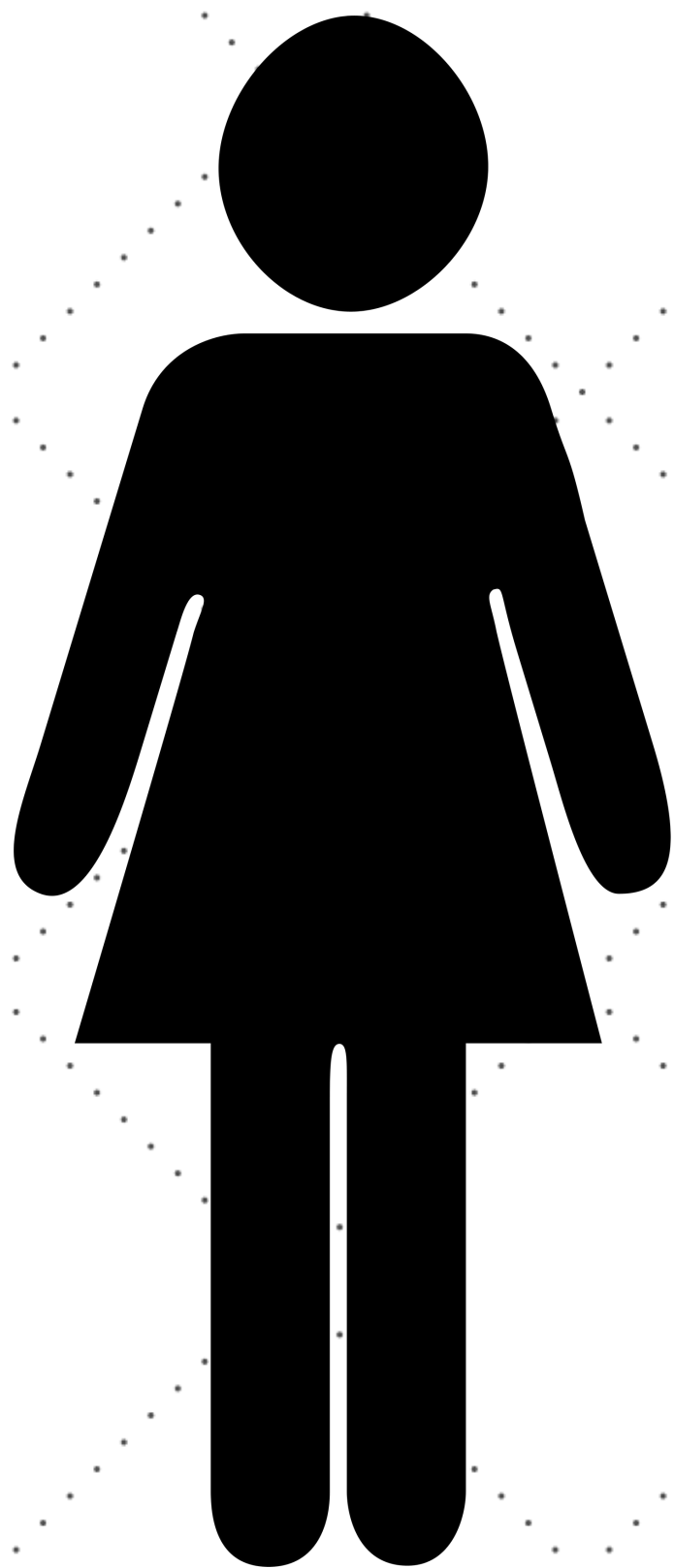
- 1.
- 2.
- 3.
- 4.
- 5.

Write one about someone else.

- 1.

What I love about me

This is what I love about my body



I identify _____

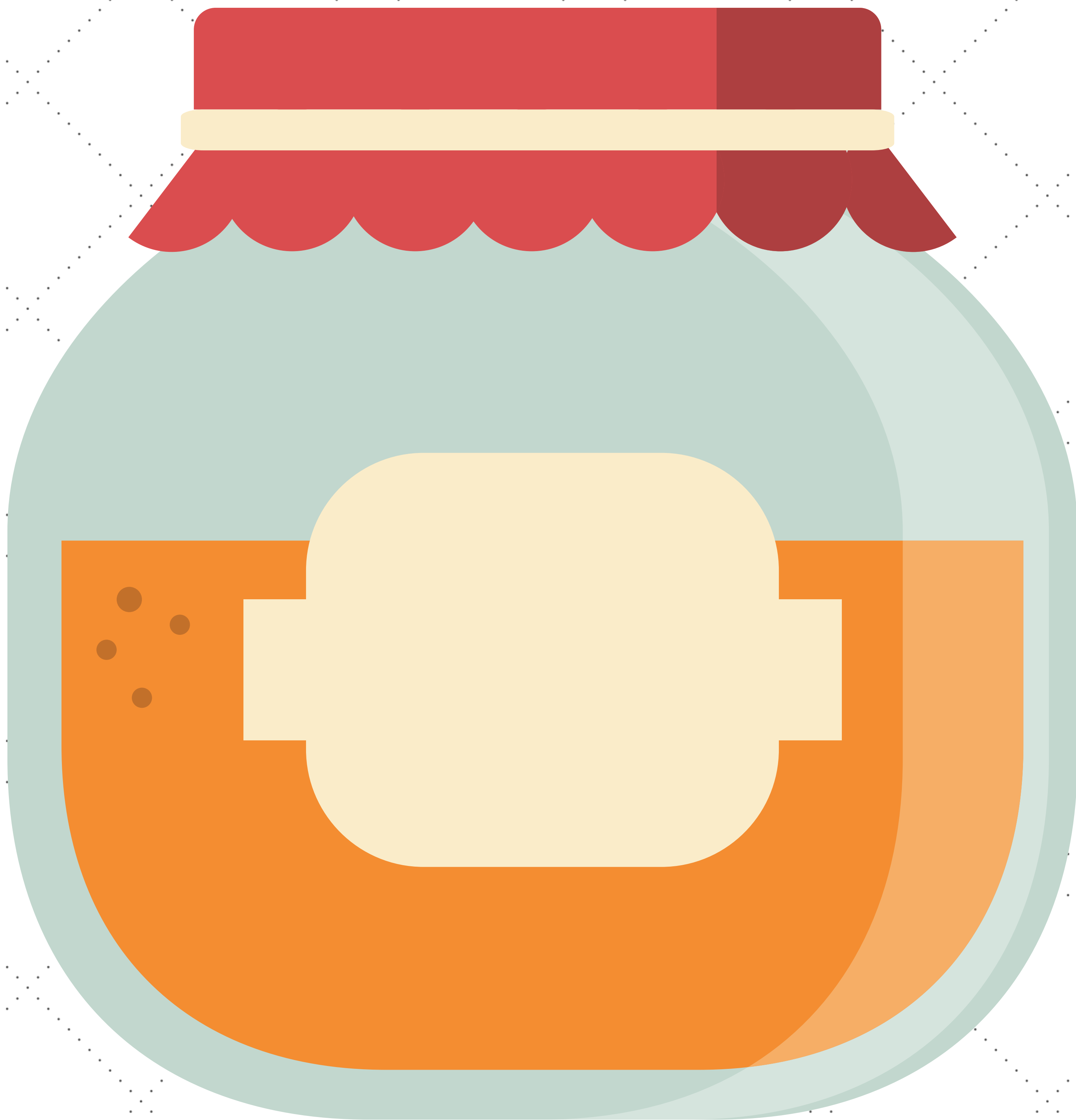
My uniqueness

is: _____

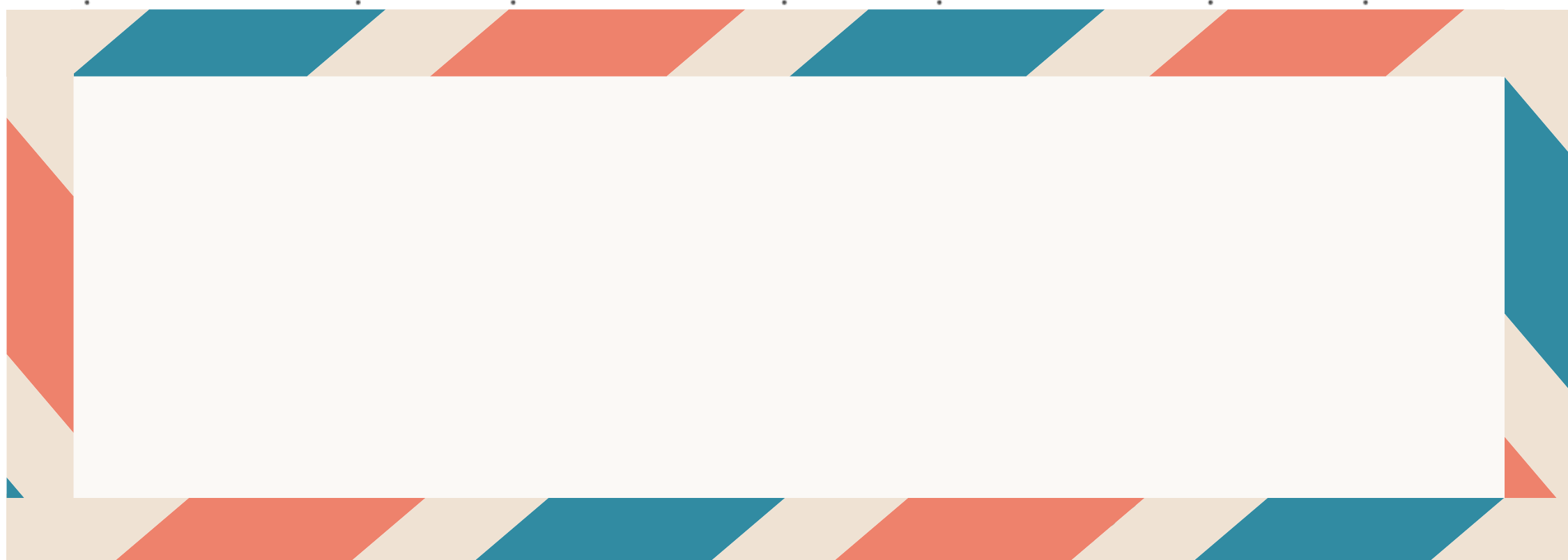
I love

to: _____

Gratitude Jar



Write down what
you are grateful
for



A rectangular writing area with a decorative border of diagonal stripes in teal, orange, and beige. The interior is a plain white space for writing.



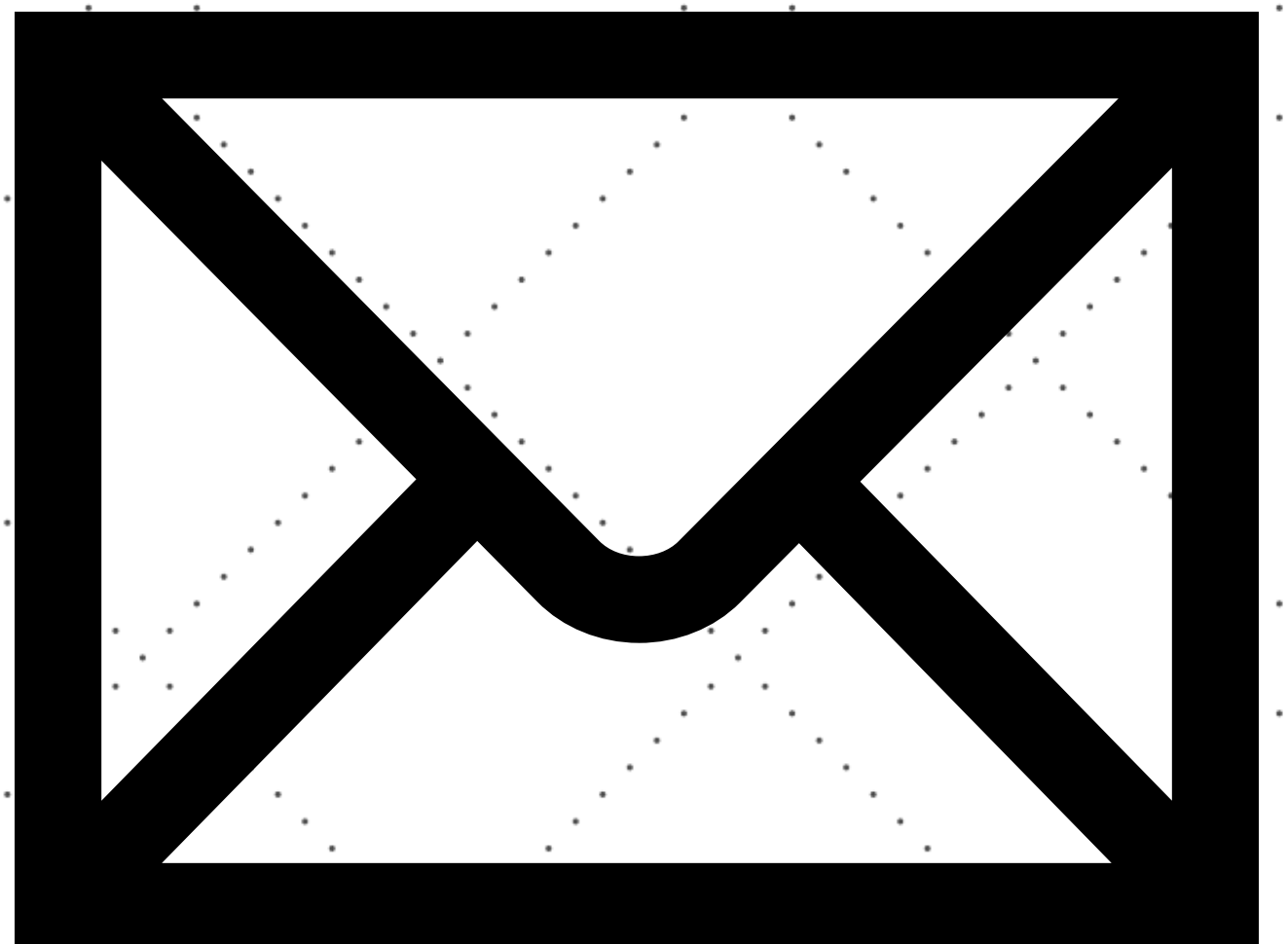
A second rectangular writing area, identical in design to the one above, with a decorative border of diagonal stripes in teal, orange, and beige and a plain white interior.

Write a thank you letter

Dear: _____

Thank you for

Love, _____



- **I am so grateful**
- **for my faves**

- colour

- book

- song

- person

- food

- animal

- place

- game

- activity

- show

- movie

Love & Kindness Circle



Stand in circle and say:

May I be healthy, May I be happy, May I be peaceful and may you feel it too and send out to city, province, country & world.

Name 2 things you can do each week to be kind

1.

2.

How do you feel when you are kind?