

Love Yourself Healthy Challenge - Day 2 Worksheet

We are tuning in to that voice in our heads today. This worksheet is designed to give you a place to write down every negative or positive thing you say to yourself today. Tune in and see what comments your internal voice makes about your body, your food choices, your activities, your parenting style, what you say, what you do, etc.

Don't judge yourself as good or bad based on these thoughts - just observe them and notice if the thought itself is positive about you, negative about you, or neutral. Use this worksheet or keep track in whatever way works for you.

To keep it simple: Write down ONLY your thoughts as you have them on a blank piece of paper, a note on your phone, or use a voice recorder on your phone.

To go more in depth (optional): Use format below to dig a little deeper and look for patterns or reasons for the thoughts.

[illegible]

[illegible]