



Seven-Day Self-Love Questions

Take time each day of the week to ask yourself a simple but powerful question. These aren't questions that require immediate answers, they are contemplative; invitations to help you step into the flow of love.

Monday – Compassion

How can I show myself understanding and compassion today?

Tuesday – Kindness

How can I be kind to myself today?

Wednesday – Acceptance

How can I offer myself acceptance today?

Thursday – Patience

What would it look like to give myself more patience today?

Friday – Joy

What could I do to bring a bit more joy into my day?

Saturday – Practical Gift

What practical gift can I give myself today?

Sunday – Self-Worth

How can I honour my worth today?

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