Treating myself as someone who matters

Acting as if you are worth looking after, before you believe it.

Name _____ Date _____

How you treat yourself both reflects and reinforces how you see yourself. You do not have to wait until you feel worthwhile. Acting as if you matter is one of the ways the feeling changes.

Area	How I treat myself now	How I would treat someone I cared about
Food and rest		
Health and appointments		
My home and surroundings		
Clothes and appearance		
Enjoyment and time off		
Saying what I need		
Money spent on myself		

Three small things I will do for myself this week, and when

What my critic will say about that, and my reply

How it felt to do them

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