



Self-Love Habits Tracker

by *Diana Vehuni*

Give a number from 0 to 10 for each day on how well you practiced that day's Self-Love habit.

Days/Goals	<i>Week 1</i>	<i>Week 2</i>	<i>Week 3</i>	<i>Week 4</i>	<i>Week 5</i>	<i>Week 6</i>	<i>Week 7</i>
Monday Self-Compassion							
Tuesday Forgiveness							
Wednesday Self-Talk/Language							
Thursday Boundaries/Voicing Needs							
Friday Inner Critic to Inner Mentor							
Saturday Permission to Feel Joy							
Sunday Gratitude							



If you would like to learn more about Self-Love habits and are ready to get help with developing and maintaining these habits, please visit www.dianavehuni.com for more resources and support.