

STATE OF MYSELF

Reflect on the topics below in your notebook. For best results, do this every year, starting by re-reading last year's State of Myself responses.



FINANCES

- What financial successes did I have in the last year?
- Why did they happen?



PROFESSIONAL LIFE

- What am I most proud of at work? Why?
- What is something I'm not happy about at work? Why?



MENTAL AND EMOTIONAL HEALTH

- What in my life harms my mental and emotional health?
- How can I limit or remove those from my life?
- What boundaries do I need to put in place to improve my mental and emotional health?



RELATIONSHIPS WITH OTHERS

- What relationships (parents, siblings, friends, significant others, kids, etc.) bring me joy? Why?
- What relationships don't bring me joy? Why?



HEALTH AND FITNESS

- What am I most proud of about my health and fitness last year? Why?
- What is something about my health or fitness I'm not happy about? Why?



FINAL THOUGHTS

- How do I feel about my life as a whole? Why?
- What am I most proud of? Why?

LOVE LETTER TO YOURSELF PROMPTS

HIGHLIGHTING YOUR BEST TRAITS

- What do you like most about yourself?
- When you describe yourself to others, how do you do it?
- What are you most proud of about yourself?

APOLOGIZING FOR ANYTHING YOU'VE DONE TO YOURSELF

- What grudges do you hold against yourself?
- When you are mad at yourself, what are you mad about?
- What regrets do you have?

ACCEPTING YOUR MISTAKES

- What mistakes have you made?
- What good came from those mistakes?
- What did you learn about yourself from those mistakes?

SHOWING SUPPORT FOR YOUR DREAMS

- What do you want to achieve?
- What do you need in order to achieve it?
- How can you make sure you get what you need to achieve it?

THANKING YOURSELF

- What have you accomplished this year?
- What did you do to make those accomplishments happen?
- What are you most thankful for about yourself?

SELF-CHALLENGE CARDS

Cut these cards out and place them in a jar. Once a week, draw one activity to do. As a bonus, you can journal about what you did and your feelings about the experience.



 <p>Donate items, time, or money to charity.</p>	 <p>Reach out to someone you've lost touch with.</p>	 <p>Turn off your phone for a few hours.</p>	 <p>Take the night off and go to bed early.</p>
 <p>Identify a bad habit and implement a plan to quit.</p>	 <p>Light a candle, play soothing music, and meditate.</p>	 <p>Create a vision board for your goals.</p>	 <p>Replace all your regular beverages with water today.</p>
 <p>Cook a recipe that's new to you.</p>	 <p>Do something you used to do as a kid but don't anymore.</p>	 <p>Handwrite a love letter to yourself.</p>	 <p>Scroll through your photos and pick a few to print.</p>
 <p>Clean up the apps on your phone.</p>	 <p>Ask for help with something new.</p>	 <p>Start a self-care challenge for the week.</p>	 <p>Turn off the TV for the day.</p>

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 <p>Do something creative: paint, draw, sing, etc.</p>	 <p>Eat at your favorite restaurant by yourself.</p>	 <p>Drive with no clear destination in mind.</p>	 <p>Explore your neighborhood by bike or on foot.</p>
 <p>Send yourself flowers from the florist.</p>	 <p>Go to a museum that you haven't visited.</p>	 <p>Do something to help a stranger today.</p>	 <p>Shop or eat at a local business you haven't visited.</p>
 <p>Go see a movie and be sure to buy yourself a snack.</p>	 <p>Visit a park in your area that you've never visited.</p>	 <p>Attempt to do something that scares you.</p>	 <p>Crank up the music and have a solo dance party.</p>
 <p>Start a conversation with a random person.</p>	 <p>Try a new exercise activity or class today.</p>	 <p>Declutter the messiest part of your home.</p>	 <p>Take the stairs whenever possible.</p>