



SELF-LOVE & WORTH

REFLECTION SHEET

WHISPER NO. 07 OF 52

ABOUT THIS WHISPER



Loving yourself is not selfish—it is sacred. When you honour your worth, you nourish your soul and strengthen your connection with Spirit. This Whisper invites you to embrace who you are, just as you are, and to treat yourself with the same kindness you so freely give to others.

“You, yourself, as much as anybody in the entire universe, deserve your love and affection.”
— BUDDHA

DATE: _____

A SIGN I NOTICED OR QUESTION I HAVE: _____

	WHAT DO I LOVE ABOUT MYSELF? What qualities, strengths or gifts am I proud of?	
	HOW DO I SPEAK TO MYSELF? Are my thoughts kind, encouraging and supportive?	
	WHAT MAKES ME FEEL GOOD ABOUT BEING ME? What brings me joy, confidence or peace?	
	WHERE DO I NEED TO BE GENTLER WITH MYSELF? What areas can I release judgement and perfectionism?	
	WHAT DO I NEED RIGHT NOW? What would self-love look like for me today?	
	HOW CAN I HONOUR MY WORTH DAILY? What small actions remind me that I matter?	
	ADDITIONAL REFLECTIONS Anything else I would like to note.	

CAROLE'S WHISPER
*You are enough. You are worthy.
You are a beautiful spark of the Divine.
Love yourself as Spirit loves you.*

AFFIRMATION
*“I am worthy of love, kindness
and all the good that life
has to offer.”*