

Self Love Checklist

For Empaths + Highly Sensitive People

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Life force energy flows to the areas you focus on. *The Checklist* consists of 6 areas which, when given consistent attention, will give you the vitality and abundance you desire. Check in each week and watch how quickly you awaken, align, and become the badass you were born to be!

Self Love is the Key to Confidence & Connection.

Check off the items that are 'true statements' right now. If you want to add to the list or modify a statement, go for it! Use this as a tool to see where your Self Love game is strong and where it could use some work.

Mental

- I rarely watch tv (less than 5 hours/week)
- I have a regular meditation/mindfulness practice
- I listen to enjoyable music that lifts me up or soothes me
- I don't judge myself harshly
- I have no habits that cause self-doubt
- I take evenings and weekends off regularly
- I spend time in quiet self-reflection
- I write out my worries and concerns in a journal
- I talk to a therapist, coach, or trusted mentor
- I do not suffer

Physical

- I rarely eat/drink sugar, sodas, junk/processed/fast food (less than 3 x week)
- I rarely drink alcohol (less than 3 drinks/week)
- I've had a health exam in the last 3 years
- I don't smoke or take drugs
- My weight and BMI are in an ideal range
- I am aware of my physical conditions and am taking care of them
- I have been tested for STDs
- I exercise at least 3 x week
- I get massage at least once a month
- I eat healthy whole foods

Emotional

- I don't judge or criticize others
- I don't take things personally or internalize other people's actions
- I live life on my own terms, not by the rules or expectations of others
- I have forgiven myself for any past fuck-ups
- I have forgiven others who've done me wrong
- I don't gossip about others
- I have made right any wrongs I've done to others
- I let myself feel all the feelings and process them in a healthy way
- I have a rewarding personal and professional life
- I have something to look forward to almost every day

Relational

- I've told my family I love them in the past week
- I get along with my co-workers, staff, boss, etc.
- I am a part of a tribe of like-minded people who love and accept me as I am
- There is no one I am avoiding or would feel awkward or guilty running into
- I quickly let go of relationships that could hurt me or hold me back
- I know and ask for what I desire in my relationships
- I keep my word. When I say I'm going to do something I do it.
- I take responsibility for my fuck-ups and clean things up with the people affected
- I tell the truth and communicate my position and my feelings effectively
- I have a best friend or soul mate
- I'm having satisfying sex with a trusted partner

Financial

- I pay my bills on time
- I know my target number for financial independence and have a plan to get there
- I am current with payments to creditors
- I spend money mindfully
- I occasionally indulge or treat myself
- I know how much I am worth
- I have a savings/investment plan that's working
- I believe I deserve increasing amounts of money
- I have a budget and live within 10% of it
- I invest in myself and my personal development

Environmental

- I live in a home or apartment I love
- My car is clean and in great shape
- My clothes are clean, fit well, and make me feel fabulous
- My plants and animals are healthy and have all the nourishment and love they need
- My bedroom is a restful environment free of clutter, kid stuff, and laundry piles. I can relax or be sensual in it
- I make my bed daily
- There is plenty of natural light in my home and office
- My things are organized
- I don't have any useless crap I don't need around the house or in storage
- People feel comfortable in my home
- I surround myself with beautiful things

Again, feel free to add your own statements to the checklists.

- ★ What area are you strongest in?
- ★ What area could you give more love to?
- ★ What goal(s) will you create to up the Self Love ante?
- ★ What actions will you take *this week* to reach that goal?

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