

Instructions

1. complete one section per day or use the entire worksheet during a reflective session.
2. Use a journal to expand on thoughts and insights gained from the worksheet.
3. Follow up with actions inspired by the reflections.

Infinite Love Self-Discovery Worksheet

Step 1: Reflect on Love

1. List three things you love about yourself.

- _____
- _____
- _____

2. What do you love about your life right now?

- _____

3. Who or what brings you joy? How can you show them love today?

- _____
-

Step 2: Embrace Gratitude

1. Write down three things you're grateful for today.

- _____
- _____
- _____

2. Reflect on a difficult moment in your life. What did you learn from it?

- _____
-

Step 3: Understand Your Purpose

1. What are three things that make you feel alive?

- _____
- _____

- _____

2. If there were no limits, what would you do to help others or the world?

- _____

3. What small steps can you take today toward fulfilling your dreams?

- _____

Step 4: Practice Kindness

1. Who in your life could use a little extra kindness? How can you help them?

- _____

2. Think of one good deed you can do for a stranger today. What is it?

- _____

Step 5: Meditate and Connect

1. Spend 5 minutes in silence. What thoughts or feelings come to mind?

- _____

2. Imagine sending love to the universe. Write down one positive affirmation you want to send out.

- _____

Step 6: Identify Your Core Values

1. Which values are most important to you? (e.g., love, kindness, freedom, learning)

- _____

2. How can you live in alignment with these values each day?

- _____

Step 7: Growth and Change

1. Name one thing you'd like to improve about yourself.

- _____

2. What is one step you can take to start this improvement?

- _____

3. Think of a time you grew through a challenge. How can that experience help you now?

- _____

Step 8: Daily Affirmations

Complete these sentences:

- I am _____.
- I love _____.
- I believe _____.
