

The Economy of Self-Love

Self-love through financial lens

Printable worksheet · 4 parts

Name _____ Date _____

Building Your Emotional Capital

"When your income exceeds your outgo, your upkeep is your downfall."

Just as financial stability requires a positive balance between income and expenses, emotional stability demands a surplus of self-love and self-compassion. In this emotional economy, 'income' represents positive interactions, self-care practices, and nurturing thoughts. 'Outgo' symbolizes emotional demands, stress, and negative self-talk that deplete our reserves.

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PART 1 OF 4

Understanding

Part 1: Understanding the Quote

1. What does this quote mean to you in your own words?

Your interpretation...

2. How might this apply to areas of your life beyond finances?

Other life areas...

3. Can you think of a time when you experienced this principle in action?

Your experience...

Part 2: Self-Love and Self-Compassion

4. How do you define self-love?

Your definition...

5. In what ways might a lack of self-love be similar to financial overspending?

The parallel...

6. How could practicing self-love be seen as an "investment" in yourself?

Self-love as investment...

PART 2 OF 4

Connection

Part 3: The Connection Between Self-Love and Loving Others

7. Why might it be challenging to love others when you're at a deficit of love for yourself?

8. Can you recall a time when your ability to care for others was impacted by your own emotional state?

A specific time...

9. How might increasing your self-love positively affect your relationships with others?

Positive effects...

PART 3 OF 4

Practices

Part 4: Self-Love Practices Assessment

Rate how often you currently practice these activities (1 = Never, 5 = Always):

Practice positive self-talk

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Set and maintain healthy boundaries

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Engage in regular self-care activities

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Celebrate your achievements, big and small

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Forgive yourself for mistakes

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Pursue activities that bring you joy

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

Express gratitude for yourself and your life

☐ 1 ☐ 2 ☐ 3 ☐ 4 ☐ 5

10. Which of these would you like to focus on improving? Why?

Focus areas...

PART 4 OF 4

Tracking

Part 5: Self-Love Balance Sheet

Assets (Positive)

Qualities, achievements, supportive relationships

1. / 2. / 3. / 4. / 5.

Liabilities (Negative)

Negative self-talk, unhealthy habits, toxic relationships

1. / 2. / 3. / 4. / 5.

Self-Love Income Statement (Weekly Tracker)

Track your daily "income" (actions that increase self-love) and "expenses" (actions that decrease self-love):

Mon

Tue

Wed

Thu

Fri

Sat

Sun

Self-Love Capital Building Plan

13. Three specific actions to increase your "self-love capital" over the next month:

1. / 2. / 3.

14. How will you hold yourself accountable? When will you review your progress?

Accountability plan...

Remember: Building self-love is a journey, not a destination. Be patient and compassionate with yourself. Every small investment counts!