

Meta Title: Fear or Love? A Self-Love Check-In Worksheet

Meta Description: Not all self-care is rooted in love. Use this free self-love worksheet to reflect on your true motivations and shift from fear-based habits to soul alignment.

Fear or Love? A Self-Love Check-In

Because it's not what you do — it's why you do it.

Every self-care action can come from two very different places:

Fear – driven by shame, pressure, or the need to prove something

Love – rooted in care, worthiness, and soul alignment

This reflection tool helps you check in with your true motivation. Use it regularly to shift from surface action to soul-nourishing self-love.

1. Your Health Habits

Action: Eating clean / Exercising regularly

- **?** Am I doing this because I'm afraid of being judged or not good enough?
 - Or because I want to feel strong, energized, and care for my body with love?
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2. Your Work & Productivity

Action: Working hard / Taking on more

- **?** Am I afraid of being seen as lazy, unworthy, or replaceable?
 - Or am I honoring my gifts and acting from clarity and purpose?
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3. Self-Talk & Affirmations

Action: Practicing daily affirmations or journaling

- **?** Am I forcing myself to be positive because I don't feel enough?
 - Or am I lovingly nurturing the parts of me that once felt unseen?
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4. Boundaries & Relationships

Action: Saying no / Walking away from someone

- ? Am I reacting from hurt, fear, or avoidance?
 - Or am I protecting my peace and honoring my self-worth?
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5. Self-Care & Pampering

Action: Shopping, spa, solo date

- ? Am I numbing, escaping, or filling a void?
 - Or am I celebrating myself and tending to my needs with intention?
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✦ Quick Daily Mantra:

“I pause and ask — am I choosing from fear or love?”

This one question can transform how you show up for yourself—moment by moment.