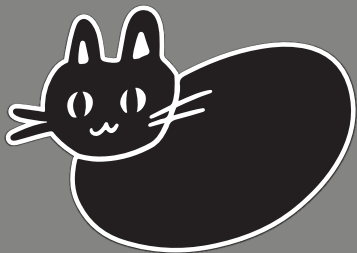




SELF-LOVE JOURNAL

TO YOU FROM WUSA

SIMPLE EXERCISES FOR A
QUICK CONFIDENCE BOOST



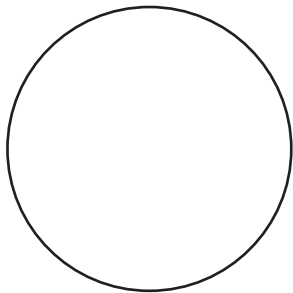
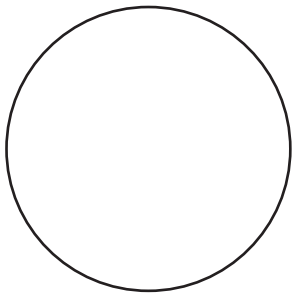
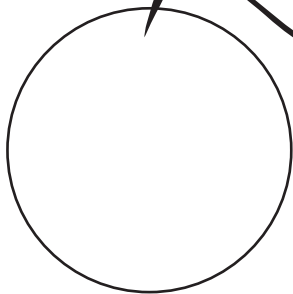
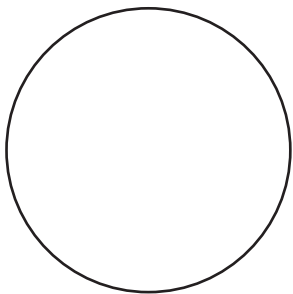
University life is an incredible adventure - full of opportunities to learn, grow, and build lifelong connections. Amid the fast pace and constant demands, it's important to make time for yourself. Prioritizing your well-being can help you stay centred, energized and ready to take on whatever comes your way.

This workbook, created by the WUSA Advocacy team, is your personal space to reflect, recharge, and reconnect with yourself. Think of it as your personal companion on your journey toward self-kindness and balance.

Whether you're facing challenges, looking for inspiration, or simply craving a moment to pause, these pages are here to guide you. At the heart of all your dreams, your goals, and growth is you. You deserve all the care, kindness, and encouragement the world has to offer, starting right here.

♥ WUSA ADVOCACY
TEAM

**Fill out the circles with
negative thoughts
you've felt recently.
Poke holes in the
negativity!**



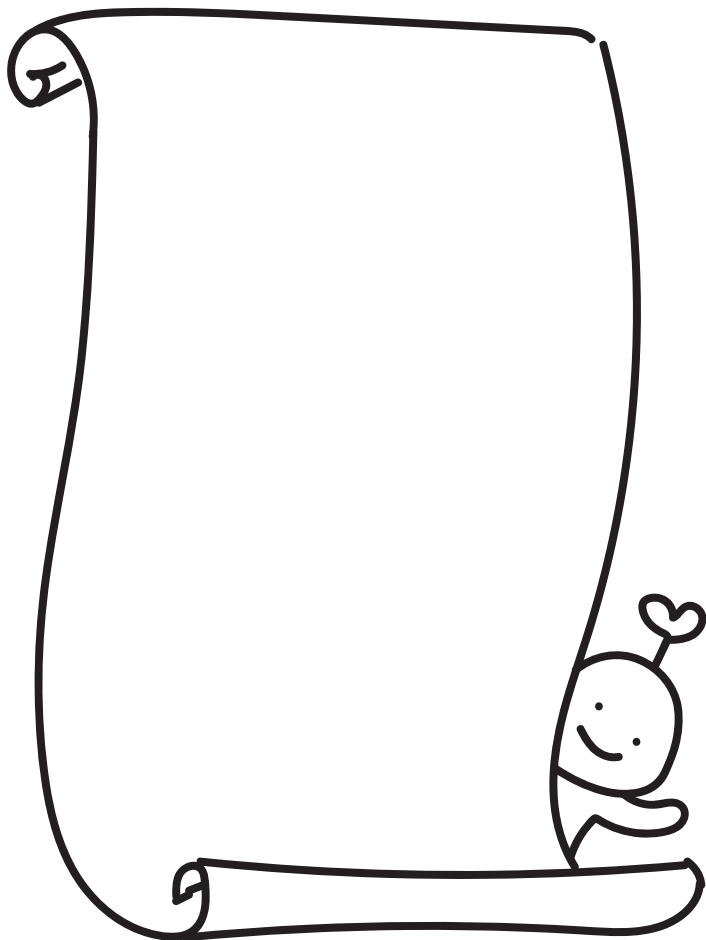
Colour these positive affirmations.

I AM
CAPABLE★

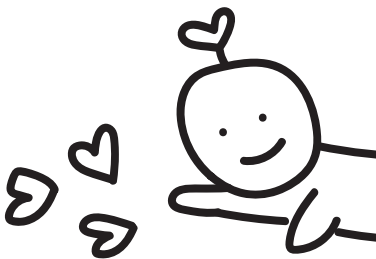


I AM★
WORTHY

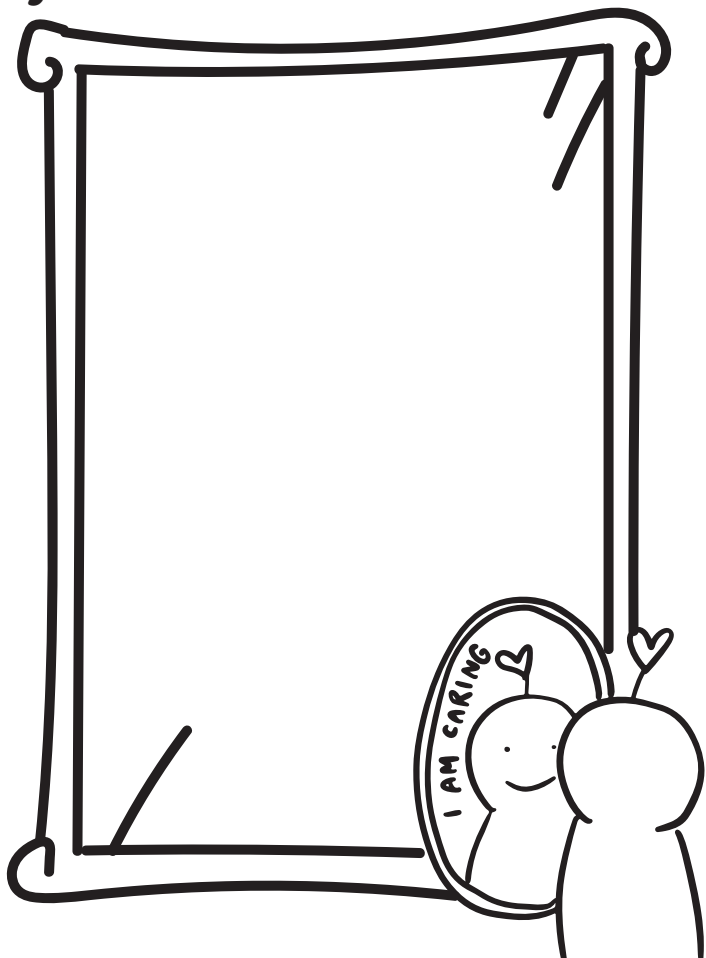
Top 10 things you value:



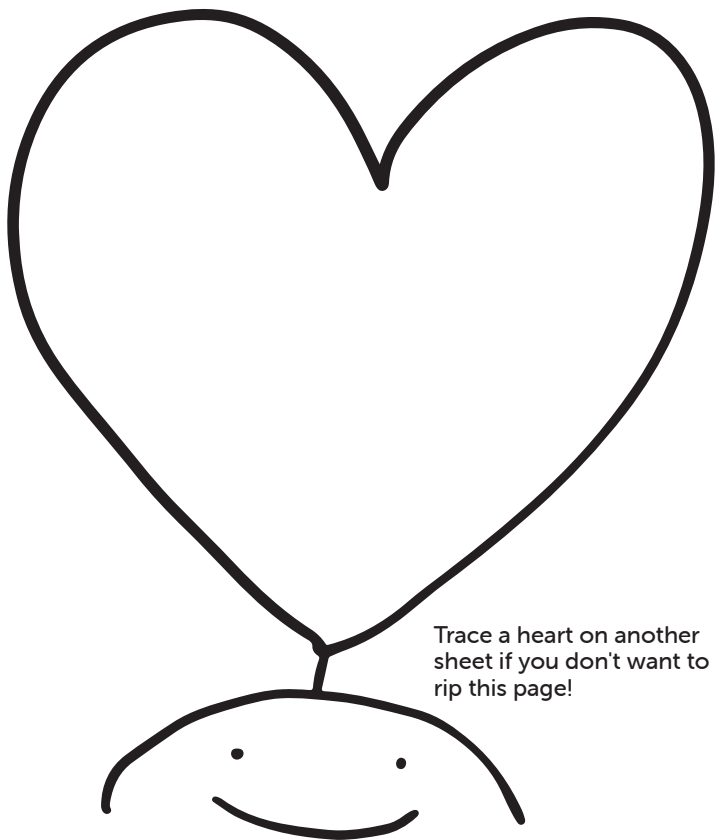
What does self-love mean to you?



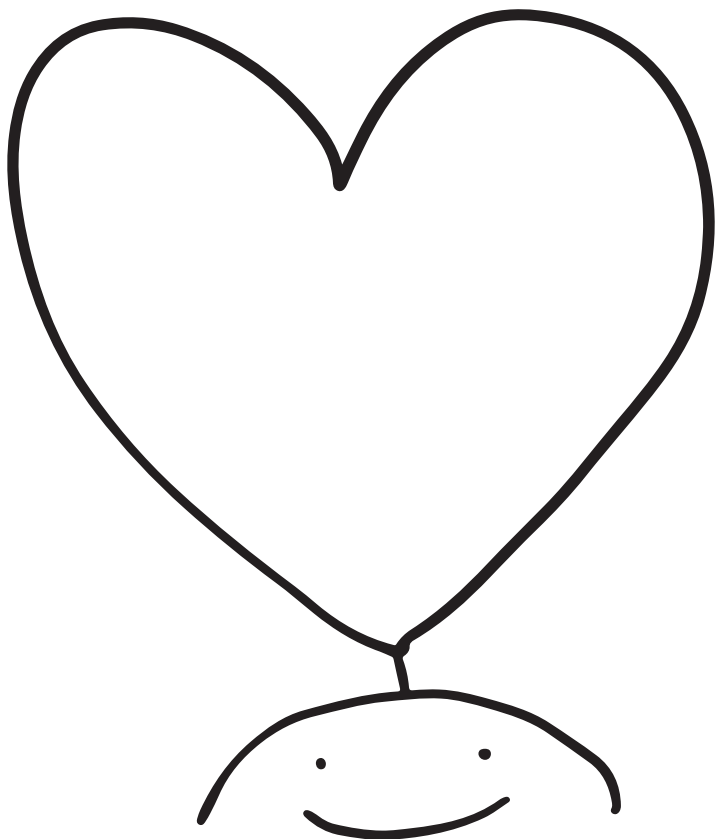
Draw in the mirror the thing you love most about yourself.



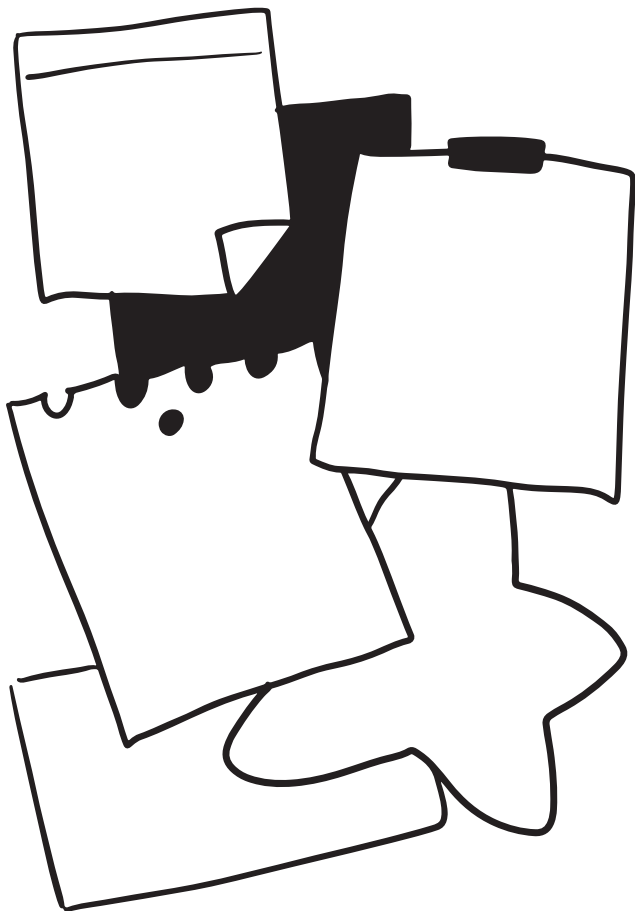
Write your favourite thing about yourself and cut this page into a heart to paste it on your wall.



Trace a heart on another sheet if you don't want to rip this page!



5 favourite things about yourself:



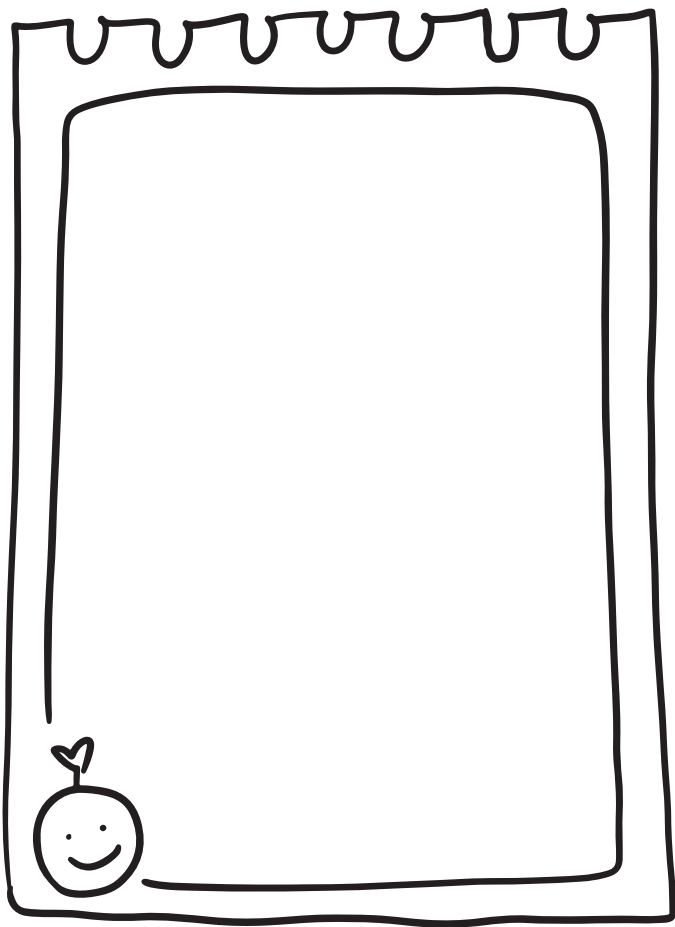
Self-care vs Self-compassion

Self-care is about doing things that help you feel good and stay healthy, like resting, eating well, or exercising.

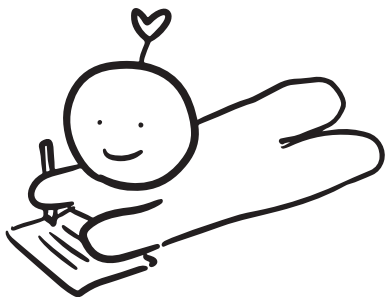


Self-compassion is being kind to yourself when you're struggling, instead of beating yourself up—like how you'd treat a friend who's having a hard time.

**How do you practice
self-care?**



Make a gratitude list!



**Write down the 3 things
you cannot control in the
fire that you will let go of
this year.**



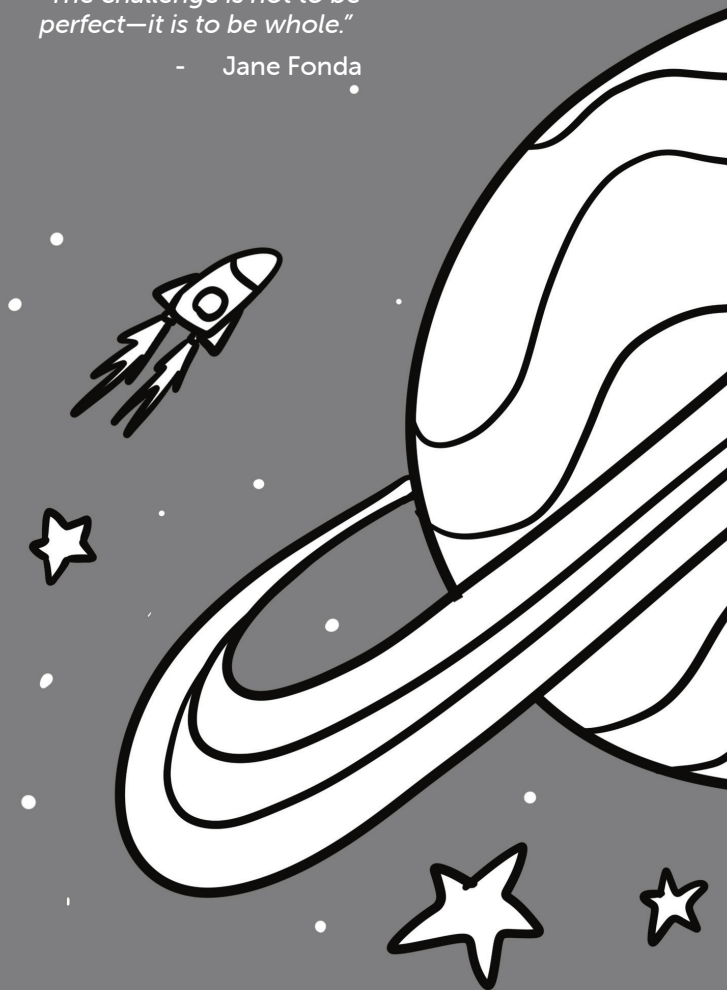


"Breathe. Let go. And remind yourself that this very moment is the only one you know you have for sure."

- Oprah Winfrey

"The challenge is not to be perfect—it is to be whole."

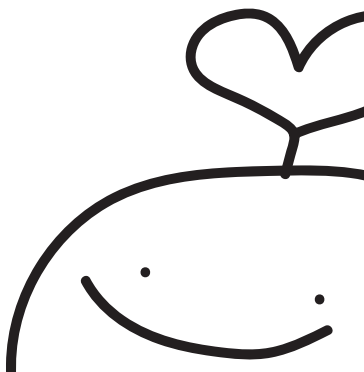
- Jane Fonda



What are you the most proud of?



What makes you happy?

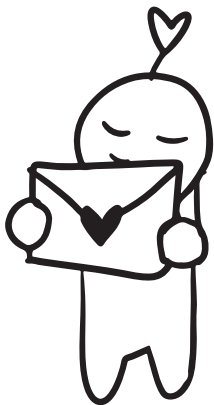


**I feel most confident
when...**

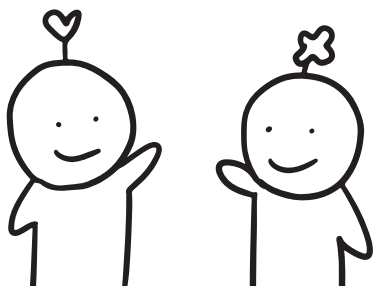


What are your New Year's resolutions?

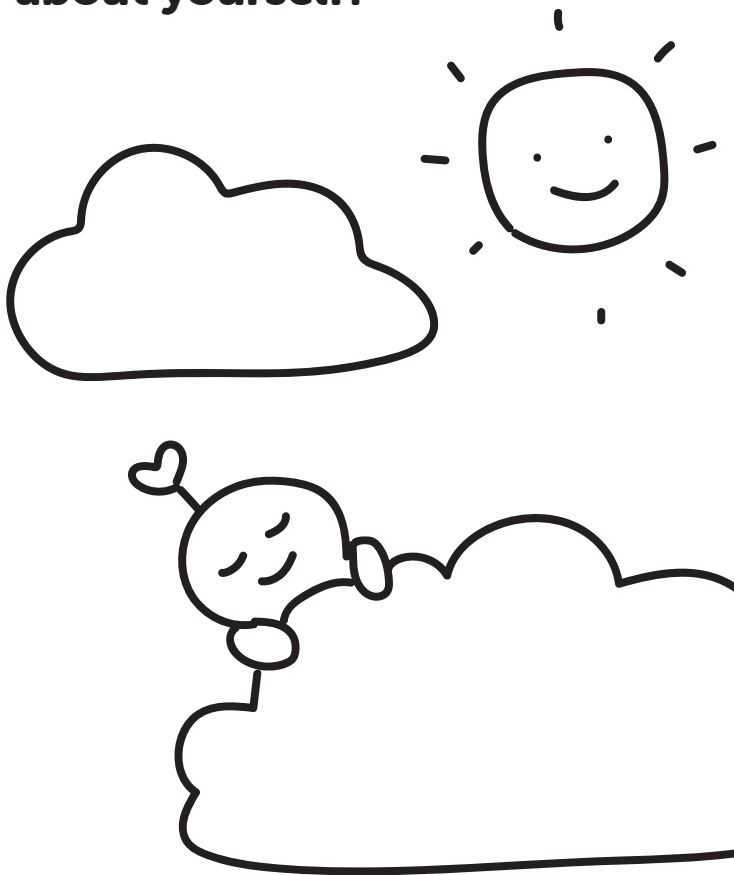
How are they going so far? If you don't have any, come up with some now!



What makes you unique?



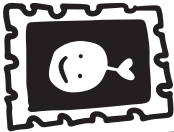
What flaws do you accept about yourself?



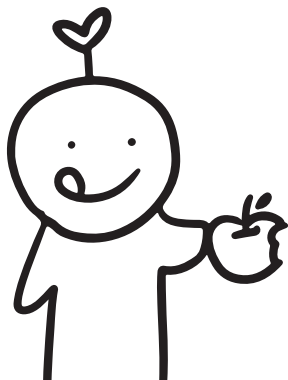
Write yourself a thank you note.

TO: ME

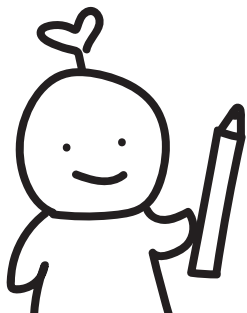
FROM: ME



What good habits do you want to make this year?



Make a positive acronym of your name using adjectives that you like about yourself.



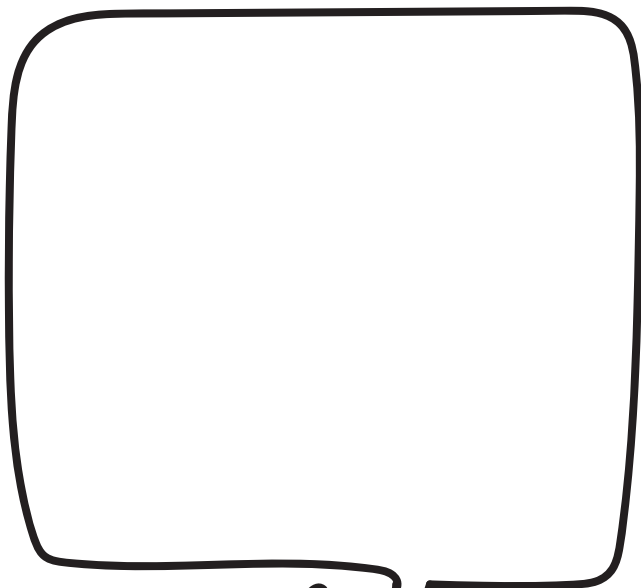
C an beatbox

A dorable

R eally good at baking

L oves friends

Write down 5 positive things you can say to yourself when experiencing negative self-talk.

A large, empty rounded rectangular box with a thick black border, intended for writing five positive affirmations.

Student Resources

WUSA Services



Glow Centre
@uwiglow

Oldest continually-running university-based 2SLGBTQ+ group in Canada.

ICSN International & Canadian
Student Network
@uwicsn

Attend events to explore the area and make meaningful connections with people from around the world.

Mates
@uwmates

Peer support service for undergraduate students.

RAISE
@uwrise

Racial Advocacy for Inclusion, Solidarity and Equity.

Women's Centre
@uwwomenscentre

Providing a female-positive and supportive environment on campus.

Empower Me
 1-833-628-5589
wusa.ca/empower-me

A 24/7 helpline available to all Waterloo undergrads.

On Campus Supports



Counselling Services

📞 519-888-4096

AccessAbility Services

📍 Needles Hall North, 1st Floor,
Room 1401

Campus Wellness

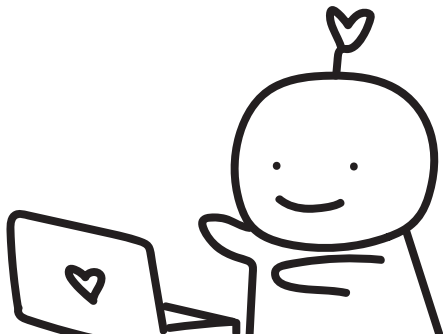
🌐 uwaterloo.ca/campus-wellness

Waterloo Indigenous Student Centre

📍 United College, open
M-F 8:30-16:30

Sexual Violence Prevention and Response Office (SVPRO)


🌐 uwaterloo.ca/svpro



*"The more I hold myself close
and fully embrace who I am,
the more I thrive."*

- Elliot Page





*"Every one of us needs to
show how much we care for
each other and, in the
process, care for ourselves."*

- Princess Diana

