

MORE LOVE LESS JUDGEMENT & JEALOUSY

Worksheet

Ask yourself: Who do I want to be today?

Morning Check-In

Examples: Calm & Patient, Kind & Generous, Fun & Loving...

Catch & Flip Judgement

Step 1 - Notice it:

Step 2 - Flip it!

Reflection Questions:

- Where do I judge most—family, friends, strangers, online?
- Did judging make me feel better or worse?

Write down any judgemental thoughts you have today. Be Honest.

- 1..
- 2..
- 3..

Turn each judgement into curiosity or compassion.

- 1..
- 2..
- 3..

Flip Jealousy into Fuel

Step 1 - Catch it:

Step 2 - Ask & Shift:

- What does this show me I really want.
- What's one small step I can take toward it today.

Step 3 - Gratitude Swap

Write down any jealousy feelings today...

- 1..
- 2..
- 3..

Write down 3 things you love about your own life.

- 1..
- 2..
- 3..

Choosing Love

Step 1 - Small Acts:

Write down one small act you'll do today:

Step 2: Loving-Kindness Meditation (Optional)

- Picture someone you love → "May you be happy. May you be healthy. May you be at peace."
- Picture someone neutral → same wish.
- Picture someone challenging → same wish.

Self-Love Moment: Write one way you'll show yourself love today:

1.

Daily Wrap-up

Reflection Questions:

- Where do I resist love most?
- How does choosing love make me feel physically and emotionally?

Today I noticed:

1..

Today I chose:

1..

What I'm proud of today:

1..

One thing I want to improve tomorrow:

1..

Pro Tip: If you slip back into judgment or jealousy, laugh, notice, and flip it. Every small step counts.