FREE PRINTABLE TOOLKIT

Love Her Like You Mean It

Every worksheet, checklist and quick-reference page from the book, ready to print.

Sloane Linwood

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How to use these pages

These are the worksheets and checklists from *Love Her Like You Mean It*. Print the ones you need, as often as you need them, and use them alongside the chapter they come from. Each sheet names its chapter at the top.

You can also fill them in on screen: the lines, boxes and tables are form fields. Use a PDF app such as Adobe Acrobat Reader (free) or Preview on a Mac, type your answers, tick the boxes and save. Some phone viewers show the fields but won't save your answers.

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These tools offer general self-help information. They are not medical, psychological or professional advice and are not a substitute for care from a qualified professional.

What's inside

1. Where I Come Last (Chapter 1 · page 3)
2. My First Seven Days (Chapter 2 · page 4)
3. My Weakest Way (Chapter 3 · page 5)
4. Critic-to-Coach Translator (Chapter 4 · page 6)
5. My Worth Rules (Chapter 5 · page 7)
6. Boundary Planner (Chapter 6 · page 8)
7. Her Needs Check (Chapter 7 · page 9)
8. Promises to Her (Chapter 8 · page 10)
9. Kind Repair (Chapter 9 · page 11)
10. Comparison Check (Chapter 10 · page 12)
11. Mirror Script (Chapter 11 · page 13)
12. Who Fills Me Up (Chapter 12 · page 14)
13. My Ask This Week (Chapter 12 · page 15)
14. Your 30 Days With Her (Chapter 13 · page 16)
15. When to Get Professional Help (Chapter 13 · page 17)
16. Quick reference pages (page 18 · The Her Test Pocket Page; The Her Script Index)

WORKSHEET **Where I Come Last**

Rate each area from 1 (I always come last here) to 5 (I take good care of myself here). Then write one line about what that looks like right now.

Time: I protect time that's just mine. Rating (1–5): _____

What it looks like: _____

Money: I spend on my own needs without guilt. Rating (1–5): _____

What it looks like: _____

Rest: I rest before I'm running on empty. Rating (1–5): _____

What it looks like: _____

Health: I keep my own appointments and look after my body. Rating (1–5): _____

What it looks like: _____

Voice: I say what I think and what I need. Rating (1–5): _____

What it looks like: _____

Fun: I do things just because I enjoy them. Rating (1–5): _____

What it looks like: _____

My lowest area is: _____

One small thing I'd like to be different there in a month: _____

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WORKSHEET **My First Seven Days**

Choose one starter per day. In the evening, note what happened and how it felt.

Day 1. Starter I'll try: _____

What happened: _____

How it felt: _____

Day 2. Starter I'll try: _____

What happened: _____

How it felt: _____

Day 3. Starter I'll try: _____

What happened: _____

How it felt: _____

Day 4. Starter I'll try: _____

What happened: _____

How it felt: _____

Day 5. Starter I'll try: _____

What happened: _____

How it felt: _____

Day 6. Starter I'll try: _____

What happened: _____

How it felt: _____

Day 7. Starter I'll try: _____

What happened: _____

How it felt: _____

At the end of the week:

The starter that felt most natural: _____

The starter that felt hardest: _____

One I want to keep doing: _____

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WORKSHEET **My Weakest Way**

Tick each statement that sounds like you most of the time. Then count the ticks for each way. The way with the most ticks is your weakest way right now.

Way 1, talk to her kindly:
☐ I call myself names when I make a mistake.
☐ I say things to myself I'd never say to a friend.

Way 2, stop making her earn it:
☐ I feel worthwhile only on days I get a lot done.
☐ I can't relax until everything on my list is finished.

Way 3, protect her:
☐ I say yes when I want to say no.
☐ I let people take more of my time than I want to give.

Way 4, take care of her:
☐ I skip meals, sleep or appointments when I'm busy.
☐ I keep going long after I'm exhausted.

Way 5, back her:
☐ I break promises I make to myself.
☐ I ask several people before I make a decision.

Way 6, forgive her:
☐ I replay my mistakes for days.
☐ I'm still hard on myself about things that happened years ago.

My weakest way right now is: _____

One moment this week when I'll use the Her Test for it: _____

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WORKSHEET **Critic-to-Coach Translator**

Pick three moments this week when the critic spoke up. For each one, write the critic's exact words, then answer with the coach's three moves.

Moment 1: _____

The critic said: _____

What happened: _____

The standard I'm keeping: _____

The kindness: _____

Moment 2: _____

The critic said: _____

What happened: _____

The standard I'm keeping: _____

The kindness: _____

Moment 3: _____

The critic said: _____

What happened: _____

The standard I'm keeping: _____

The kindness: _____

Tick the ones that are true after a week of translating:

☐ I caught the critic at least once while it was still talking.
☐ I said a coach's line to myself, out loud or in my head.
☐ I noticed the critic repeats the same few lines.
☐ I took a next step instead of replaying the mistake.

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WORKSHEET My Worth Rules

Most of us carry hidden rules about what we have to do to be worth something. Write down three of yours, where you think you learned them and a kinder rule you'd give someone you love.

Hidden rule 1 (I only matter when…): _____

Where I learned it: _____

The kinder rule I'd give her: _____

Hidden rule 2 (I only matter when…): _____

Where I learned it: _____

The kinder rule I'd give her: _____

Hidden rule 3 (I only matter when…): _____

Where I learned it: _____

The kinder rule I'd give her: _____

My worth floor (three sentences I'll read on a hard day):

1. _____

2. _____

3. _____

Tick the rules you recognize:

☐ I only matter when I've been productive.
☐ I only matter when someone needs me.
☐ I only matter when everyone is happy with me.
☐ I only matter when I look put together.
☐ I only matter when I haven't made a mistake.

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WORKSHEET **Boundary Planner**

Choose one request you know is coming, or one you keep saying yes to. Plan your answer before you need it.

The situation: _____

Who usually asks: _____

What a yes costs me (time, money, energy, mood): _____

My pause line: _____

My rung (tick one):
☐ Rung 1: Not this time
☐ Rung 2: Here's what I can do
☐ Rung 3: No

My script, in my own words: _____

If they push, I'll say: _____

When the guilt alarm goes off, I'll tell her: _____

What I'll do for her with the time I protect: _____

After you've used it, come back and note what happened: _____

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WORKSHEET **Her Needs Check**

Once a week, check each gauge. Tick where the needle sits, then choose one small refill for the lowest one.

Sleep: ☐ Empty ☐ Low ☐ OK ☐ Full

Food: ☐ Empty ☐ Low ☐ OK ☐ Full

Movement: ☐ Empty ☐ Low ☐ OK ☐ Full

Quiet: ☐ Empty ☐ Low ☐ OK ☐ Full

Connection: ☐ Empty ☐ Low ☐ OK ☐ Full

Fun: ☐ Empty ☐ Low ☐ OK ☐ Full

Help: ☐ Empty ☐ Low ☐ OK ☐ Full

My lowest gauge this week: _____

One small refill I'll give her this week: _____

Someone I could ask for help, and what I'll ask: _____

My three default dinners: _____

What I can reduce, postpone or share this week: _____

The checkup I've been putting off, and the date I'll call: _____

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WORKSHEET Promises to Her

Make three tiny promises for this week. Keep them small enough to manage on a hard day. At the end of the week, come back and fill in the rest.

Promise 1 (what, when, where): _____

How it went: _____

How it felt to keep my word to her, or what got in the way: _____

Promise 2 (what, when, where): _____

How it went: _____

How it felt to keep my word to her, or what got in the way: _____

Promise 3 (what, when, where): _____

How it went: _____

How it felt to keep my word to her, or what got in the way: _____

One decision I made this week without asking anyone: _____

One thing I want, said out loud: _____

One time I spoke up: _____

Next week's promise (keep it, shrink it, change it or drop it): _____

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WORKSHEET **Kind Repair**

Use this for any mistake, big or small, that the critic won't let go of.

What happened, in one plain sentence: _____

What the critic is saying, word for word: _____

Guilt, impossible math or shame? _____

If shame, rewrite "I am" as "I did": _____

1. Own it: _____

2. Fix what I can (or how I'll repair forward): _____

3. The one thing I learned: _____

4. My letting-go sentence: _____

When it's done, tick what's true:

☐ I said sorry, if someone was hurt.
☐ I've done what I can to fix it.
☐ I put down any impossible math.
☐ I know the one thing I'll do differently.
☐ I've said my letting-go sentence out loud.
☐ I've done one kind thing for her afterward.

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WORKSHEET Comparison Check

Use this the next time you feel the drop, online or in person.

Who or what set it off: _____

Where I was and how tired I was: _____

What the critic said: _____

What I'm not seeing about her life: _____

What I wish I had (tick one):

☐ The thing itself: _____

☐ The feeling behind it: _____

☐ Nothing, it just looked shiny next to a hard day

One small step toward what I want: _____

A kind line for her, if she's someone I know: _____

What I'd say to her if I were my own best friend: _____

Feed cleanup, this week:

☐ I tried the after-feeling test on the accounts I see most.
☐ I hid or stopped following one account that always leaves me feeling less like myself.
☐ I followed three accounts that feed something I want.
☐ I gave one waiting place something other than my phone.

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WORKSHEET **Mirror Script**

Fill this in for the mirror, photo or getting-dressed moment that happens to you most.

The moment (where I am, what I see): _____

What the critic says, word for word: _____

Is that a description or a verdict? _____

My chart note (plain, true, no insults): _____

What I'd tell a friend who said that about her body: _____

One thing my body did for me this week: _____

For one photo: who's with me, what were we doing? _____

And what did my body let me do? _____

One item from my "when I" list that I'll do this month anyway: _____

Tick what you try this week:

☐ I said a chart note out loud at the mirror.
☐ I thanked one part of my body for something it did.
☐ I covered myself with my thumb and looked at the rest first.
☐ I stayed in one photo and kept it.
☐ I wore something that fits and feels good today.
☐ I didn't criticize my body in front of a child or a friend.

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WORKSHEET **Who Fills Me Up**

Think of the five to eight people you see or talk to most. Fill in one block for each person, and print a second copy of this page if you need more room.

Name: _____

After time with them I feel: ☐ fuller ☐ about the same ☐ drained
Do they ask about my life? ☐ often ☐ sometimes ☐ rarely
Can I say no to them without trouble? ☐ yes ☐ not really
One step: ☐ more time ☐ less time ☐ an honest conversation ☐ no change

Name: _____

After time with them I feel: ☐ fuller ☐ about the same ☐ drained
Do they ask about my life? ☐ often ☐ sometimes ☐ rarely
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WORKSHEET **My Ask This Week**

Fill this in before the week starts.

One offer of help I'll say yes to this week: _____

My clearer ask: what happened: _____

What I'd like: _____

Will you _____?

If the answer is no, who else could I ask? _____

My next good-news call (who and what): _____

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CHECKLIST **Your 30 Days With Her**

Tick a line once you've done it at least once. Do them in any order within the week, and take longer if life gets in the way.

Days 1 to 7: Talk kindly; stop making her earn it.

☐ I ran the Her Test on one critic line and answered it in a coach's voice.
☐ I filled in one row of the Critic-to-Coach Translator.
☐ I wrote my worth floor sentence on a card and put it where I'll see it.
☐ I did one thing for her before the to-do list was finished.

Days 8 to 14: Protect her; take care of her.

☐ I used my pause line, then answered from a rung of the ladder.
☐ I did the Her Needs Check and fixed my lowest gauge once.
☐ I booked the checkup or appointment I've been putting off.
☐ I made one clean ask, with no extra apologies.

Days 15 to 21: Back her; forgive her.

☐ I kept three tiny promises to her and said "I did that."
☐ I made one decision without polling anyone first.
☐ I sorted one heavy feeling and worked through the kind repair.

Days 22 to 30: Her whole life.

☐ I asked the envy question about one post or person that stung.
☐ I gave my body one chart note instead of a verdict.
☐ I said yes to one offer of help, or made one good-news call.
☐ I chose which parts of the daily routine I'm keeping.

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CHECKLIST **When to Get Professional Help**

These aren't a diagnosis. Any one of them is a good reason to talk to a doctor or licensed therapist soon.

- ☐ My mood has been low, or I've lost interest in most things, on most days for two weeks or more.
- ☐ My sleep or appetite has changed, and it isn't settling back.
- ☐ I feel worthless or guilty most of the time, not just on bad days.
- ☐ I've had thoughts of hurting myself.
- ☐ Thoughts about food, exercise or my body are taking over my days.
- ☐ Someone in my life controls me, threatens me or hurts me.

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The Her Test Pocket Page

The Her Test. Say your own name, or think of yourself as “she.” Then ask:

1. Would I say this to her?
2. Would I let her do this?
3. Would I make her earn this?

The six ways, one minute each.

• **Talk to her kindly:** when the critic speaks, say your name and answer the way you’d answer a friend.

• **Stop making her earn it:** do one kind thing for yourself before the to-do list is finished.

• **Protect her:** say “not this time” to one request you don’t have room for.

• **Take care of her:** drink a glass of water and ask, “What do I need right now?”

• **Back her:** make one tiny promise to yourself today and keep it.

• **Forgive her:** after a mistake, say one sentence that fixes it and one that’s kind.

Protecting her. First the pause: “Let me check and get back to you.” Then a rung: “Not this time.” “Here’s what I can do.” “No.”

After a mistake. Ask what happened and what part was yours, then “Does this feeling come with something I can do?” Guilt gets the kind repair. Impossible math gets put down. Shame gets rewritten into what happened.

When the demand can’t change. Ask, “What can I reduce, postpone, share or stop blaming myself for?”

Asking clearly. Say what happened, say what you’d like, then ask, “Will you?”

On a bad day. Ask, “Would I let her go through this alone?” Then pick one or two of the six ways, at their smallest.

The full lines for every moment are in the Script Index that follows.

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The Her Script Index

The moments that come up most, what the critic tends to say and a line to use instead. The chapter shows where each one is taught.

The moment	What the critic says	What to say instead
You forget something small (Ch. 2)	“I’m such an idiot.”	“Kristen forgot the forms. She’ll send a reminder at lunch.”
You’ve put yourself on every shift (Ch. 3)	“Of course you’re covering it. Stop whining.”	“Would I let her do this? She gets a day off.”
A mistake at work (Ch. 4)	“How did you miss that?”	“Fix it and find out why it slipped. One miss doesn’t erase years of careful work.”
You lost your temper with your kid (Ch. 4)	“You’re a terrible mother.”	“I lost my temper. I’ll go and repair it.”
You want to sit down before the list is done (Ch. 5)	“You haven’t earned it.”	“A messy kitchen doesn’t change what I’m worth.”
Nobody needs you this afternoon (Ch. 5)	“If nobody needs me, what am I even for?”	“I’m worth looking after on the days nobody needs me.”
A request lands (Ch. 6)	“Just say yes. They’ll think less of you.”	“Let me check and get back to you.”
The guilt after a no (Ch. 6)	“You’re being selfish.”	“That’s the toast alarm, not a fire.”
The checkup you keep moving (Ch. 7)	“You don’t have time for that.”	“I’m overdue for my checkup. What’s the first appointment you have?”
A week you can’t change (Ch. 7)	“You should be handling this better.”	“What can I reduce, postpone, share or stop blaming myself for?”
You can’t make a decision (Ch. 8)	“Ask a few more people first.”	“Which would I choose if nobody else had an opinion?”
You missed a school event (Ch. 9)	“The other moms make every school event.”	“That’s impossible math. I’m putting it down.”
The repair is done, but the replay isn’t (Ch. 9)	“A good mother wouldn’t have forgotten.”	“That’s done. I handled it.”
A friend’s big news stings (Ch. 10)	“She did it, and you didn’t.”	“Good for her. And I’m building something too.”
The mirror (Ch. 11)	“Ugh, look at me.”	“I’m tired today, and my face shows it.”
A photo you want deleted (Ch. 11)	“Delete that one. You look awful.”	“Who’s with me? What were we doing? What did my body let me do?”
Someone offers help (Ch. 12)	“Don’t be a bother.”	“Thank you, I’d love that.”
You need company (Ch. 12)	“Drop a hint and see if they notice.”	“I’d like some company tonight. Will you watch a movie with me?”

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The moment	What the critic says	What to say instead
A day that keeps going wrong (Ch. 13)	“What is wrong with you?”	“This is a Tuesday problem, not a me problem.”
You’ve missed a week of the plan (Ch. 13)	“You can’t even be nice to yourself properly.”	“I didn’t quit. I had a hard couple of weeks.”

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