

SELF-LOVE JOURNAL

Goals

Emotional



Physical



Family



Health



My Ideal Routine

Daily routine

Weekly routine

Monthly routine

How Are You Talking To Yourself?

What Do I Say About Myself?

What Is TRUE About Me?

What Do I Say About Myself?

What Is TRUE About Me?

What Do I Say About Myself?

What Is TRUE About Me?

Priorities VS Procrastination

Time	Self-Care Practice	Time	Self-Care Practice	Time	Self-Care Practice
Time	Self-Care Practice	Time	Self-Care Practice	Time	Self-Care Practice
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Time	Self-Care Practice	Time	Self-Care Practice	Time	Self-Care Practice
Time	Self-Care Practice	Time	Self-Care Practice	Time	Self-Care Practice

Month of:

Time	Self-Care Practice	Time	Self-Care Practice	Time	Self-Care Practice	Time	Self-Care Practice

Notes

Journaling Your Thoughts and Feelings

What is the pursuit of self-care bringing up for you?”

Why do you think the above has come to the surface?

What can you do about this?

Don’t Beat Yourself Up

- [ ] Get up and stretch
- [ ] Drink water
- [ ] Take several deep breaths
- [ ] Observe your surroundings for things to smile about
- [ ] Go outside
- [ ] Tell yourself you’re awesome
- [ ] Call a good friend just to chat
- [ ] Look up at the sky/out over the ocean
- [ ] Join an online group about something you enjoy
- [ ] Buy yourself something small
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]
- [ ]

Reaffirm Your Goals With Affirmations

Goal	Affirmation

Examples of affirmations:

Try to make them more specific and personal.

- Iamstrong.
- I am smart.
- I matter.
- Iamworthyof love.
- I love myself.
- Icanhandle anything thatcomesmywaytoday.
- Iam capable.
- I will succeed today.
- I have a positive mindset.

Just Do It

Doubts	Replacements

Journaling

Practice Mindfulness

Body

Lie down and close your eyes. Visualize each part of your body from your toes to your head. If thoughts enter your mind, acknowledge them and continue with the exercise.

Surroundings

Spend 1 –2 minutes looking around you and noticing everything in your surroundings. Don't be judgmental. Don't describe the things you see but acknowledge that you see and notice them.

Sounds

Close your eyes and listen to the sounds around you. Don't describe them as enjoyable or annoying but take note and notice the sounds that you didn't really notice when you were not actively listening.

Objects

Take any object and really observe it. Look at it from close, touch it, feel it, taste it (if it is editable). Notice things you have never really noticed when you didn't take the time to study it.

How did you feel?

Deal With Your Past

What are some regrets, traumas, or just plain painful things in your past that you avoid dealing with?

How have you seen these impact your present?

Notes

Deal With Your Past

What have you done to make peace with these things?

If you've only forced down the memories,how can you start making peace with them?

What advice would you give someone you care about that has gone through the same thing?

Notes

Deal With Your Past

Have you taken that advice yourself?

Would you consider therapy?

Why or why not?

Notes

Learn To Focus On The Positiv

What negativity have you found yourself focused on for a long time?

What new negativity have you been focused on lately?

Notes

Learn To Focus On The Positive

Can you identify the positives that balance out these negative things?

If not, what are some separate positive things happening right now? (These can be as simple as your favorite snack being on sale at the store or finding a good parking spot!)

Is finding positivity difficult for you?Why?

Notes

Learn To Focus On The Positive

Describe one or more situations when things seemed bad and turned out for the better.

Do you commit to trying to be more positive?

Write down that commitment here:

Notes

Allow Space For Your Feelings

“Ona scale of 1 to 5,how well would you say you avoid suppressing your feelings?
1Completely suppressed –you do not allow this emotion;
5Completelyopen–you allow this emotion in,process it,and let it go.”

1 2 3 4 5 Anger Why? _____

1 2 3 4 5 Anxiety Why? _____

1 2 3 4 5 Contempt Why? _____

1 2 3 4 5 Contentment Why? _____

1 2 3 4 5 Disgust Why? _____

1 2 3 4 5 Envy Why? _____

1 2 3 4 5 Excitement Why? _____

1 2 3 4 5 Fear Why? _____

1 2 3 4 5 Friendship Why? _____

1 2 3 4 5 Grief Why? _____

1 2 3 4 5 Guilt Why? _____

1 2 3 4 5 Indignation Why? _____

Allow Space For Your Feelings

Notes

"On a scale of 1 to 5, how well would you say you avoid suppressing your feelings?

1 Completely suppressed –you do not allow this emotion;

5 Completely open –you allow this emotion in, process it, andl et it go."

1 2 3 4 5 Interest Why?

1 2 3 4 5 Joy Why?

1 2 3 4 5 Kindness Why?

1 2 3 4 5 Love Why?

1 2 3 4 5 Pity Why?

1 2 3 4 5 Pride Why?

1 2 3 4 5 Sadness Why?

1 2 3 4 5 Self-Hostility Why?

1 2 3 4 5 Shame Why?

1 2 3 4 5 Shyness Why?

1 2 3 4 5 Sur prise Why?

1 2 3 4 5 Trust Why?

Don’t Take Things Personally

How do you react when someone directs a negative emotion at you?

Why?

Is this reaction healthy?

If not,what can you do to change that?

How do you react when someone directs a positive emotion at you?

Why?

Is this reaction healthy?

If not,what can you do to change that?

Do you take on negative emotions that are not directed at you?

Why?

Is this reaction healthy?

If not,what can you do to change that?

Do you take on positive emotions that are not directed at you?

Why?

Is this reaction healthy?

Do you take on positive emotions that are not directed at you?

Accept Yourself For Who You Are

I felt good about myself when

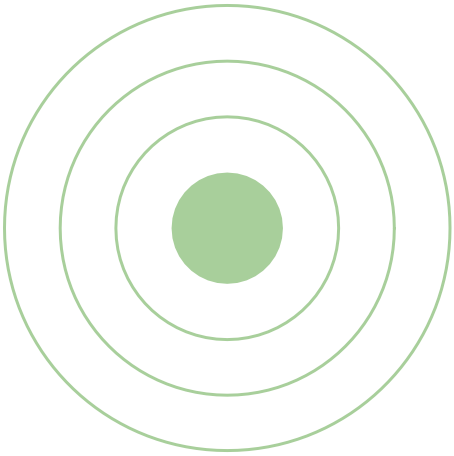
I am proud of myself for

In the last year I accomplished

My most important achievement is

Relationships

Positive Circle	Negative Circle



Don’t Be Afraid To Set Boundaries

Name	Reason	What To DoAboutIt

Know When It's Time To Let People Go

How many times will you talk to someone before you decide it's time for them to go?

What do you do or say when someone crosses a boundary you have set?

What behaviors are so unacceptable that they resulti n an immediate let go?

What is your process of letting someone go?

Are you hesitant to let anyone go,no matter what they do?

Know When It's Time To Let People Go

Why?

What would you advise a close friend to do if they were being treated the way you are by some of your Negative Circle?

Have you followed this advice in your own life? If not,why?

Notes

Family Is Not Immune To Boundaries

- Who is someone in your family that you find it difficult to express yourself to?

What would you say to them if you weren't afraid?

How can you work on being more open with this family member,so they will understand your boundaries?

- Who s someone in your family that you find it difficult to express yourself to?

What would you say tot hem if you weren't afraid?

How can you work on being more open with this family member,so they will understand your boundaries?

Notes

Be Kind

How do you treat your friends?

How do you treat your coworkers?

How do you treat your family?

How do you treat people in the service industry?(servers,repair people, retail workers, etc.)

How can you improve on these if needed?

Notes

Purge Social Media

Social Outlet	Positive	Mostly Positive	Neutral	Mostly Negative	Negative

Notes

Romance Needs Self-Care Too

What do you want from a romantic relationship?

What do you need from a romantic relationship?

If you're in a current relationship,does it live up to the above?
If not, what can you do to change that?

Self-Care Is Physical

Goals	How to achieve them

Notes

Hygiene

Time	HygienicSelf-Care Schedule

Notes

Diet

Weekly Meal Plan		Grocery List
Sunday	B:	○
	L:	○
	D:	○
	S:	○
Monday	B:	○
	L:	○
	D:	○
	S:	○
Tuesday	B:	○
	L:	○
	D:	○
	S:	○
Wednesday	B:	○
	L:	○
	D:	○
	S:	○
Thursday	B:	○
	L:	○
	D:	○
	S:	○
Friday	B:	○
	L:	○
	D:	○
	S:	○
Saturday	B:	○
	L:	○
	D:	○
	S:	○

Month of:

Time	Sleep Schedule	Time	Sleep Schedule	Time	Sleep Schedule	Time	Sleep Schedule
Time	Sleep Schedule	Time	Sleep Schedule	Time	Sleep Schedule	Time	Sleep Schedule
Time	Sleep Schedule	Time	Sleep Schedule	Time	Sleep Schedule	Time	Sleep Schedule
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Notes

Exercise

Time	Exercise Schedule	Time	Exercise Schedule	Time	Exercise Schedule

Notes

Month of:

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Notes

Your Space

Time	Cleaning Schedule	Time	Cleaning Schedule	Time	Cleaning Schedule
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Month of: _____

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Notes

Journal

Reflection

What have you learned about yourself over these 30 days?

How do you feel today versus Day 1?

How will you continue forward with any of he self-care habits you've learned?