



SELF-LOVE JOURNAL

A Guide to Self-Compassion
& Self-Exploration



Self Love:

The highest regard of valuing and cherishing yourself. It involves recognizing your worth, treating yourself with kindness and compassion, and making choices that support your well-being and happiness.

Self-love is NOT selfish; rather, it is about maintaining a healthy and positive relationship with yourself, which in turn enhances your ability to relate to and care for others.



This journal belongs to

Today's date _____

What are three qualities you love about yourself and why?

How have you grown in the past year? List specific examples.

Today's date _____

What are three things you love about your physical appearance and why?

Create a playlist of songs that make you feel confident and positive about your body. Write about how each song makes you feel.

Today's date _____

What are some things you are grateful for in your life, and how can you cultivate a sense of gratitude on a regular basis?

What are some ways that you can take care of your physical health, such as by getting enough sleep, eating well, and exercising regularly?

Today's date _____

Describe a time when you forgave yourself for a mistake. How did it feel?

Write about a moment when you were kind to yourself during a challenging time.

Today's date _____

Write about a time when you set a boundary to protect your well-being.
How did it benefit you?

How can you ensure your relationships are respectful and nurturing?

Today's date _____

Create a list of positive affirmations that resonate with you.

How can you incorporate these affirmations into your daily routine?

Today's date _____

What is on your heart today?

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