

THE SELF-LOVE BOOK

A FREE WORK-BOOK TO HELP YOU
START FALLING IN LOVE WITH
YOURSELF!



9 JOURNALING PROMPTS

to help you dig deeper into the most important relationship you'll ever have in your life - the one you have with yourself!

HOW TO USE:

Find a quiet, comfortable place with limited distractions.

It's best to print this journal off and use a writing utensil verses filling it out on a computer. Journalling uses the subconscious part of your brain to access new information that perhaps you aren't aware of consciously. So, I encourage you to clear your mind, and write what comes up in response to each journaling prompt. Try not to doubt, hesitate or over think what comes to mind - just write it down! Sometimes our best healing happens when we stop thinking.



WHAT BROUGHT YOU JOY THIS WEEK?

What are 5 things you LOVE to do?

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-
-
-
-

HOW DO YOU FEEL WHILE DOING THEM?

HOW DO YOU GIVE LOVE TO OTHERS?

(ie: Gifts, physical touch, quality of time, acts of kindness, words of affirmations)

WHAT ARE 20 THINGS YOU'RE GRATEFUL FOR?

1. _____

11. _____

2. _____

12. _____

3. _____

13. _____

4. _____

14. _____

5. _____

15. _____

6. _____

16. _____

7. _____

17. _____

8. _____

18. _____

9. _____

19. _____

10. _____

20. _____

THINK OF SOMEONE YOU ADMIRE; WHAT DO YOU ADMIRE MOST ABOUT THEM? WHAT DO YOU HAVE IN COMMON WITH THEM?

WHAT DO YOU WISH PEOPLE KNEW ABOUT YOU, AND WHY?

WHAT DO YOU WANT TO START DOING MORE OF IN ORDER TO NOURISH YOUR:

(Suggestions are on the next page.)

MIND:

BODY:

EMOTIONS:

SPIRITUAL CONNECTION:

IDEAS TO NOURISH YOURSELF!

MIND:

Meditation, mindfulness, mindful walking, reading, drive in silence, shut off noise intentionally, noticing your limiting thoughts, saying kind things to yourself, affirmations, spend less time on social media, turn your phone off an hour before bed.

EMOTIONS:

Journal, talk with a friend, compliment yourself and others, allow yourself to cry, do something fun, identify your feelings, listen to music, sing, trust your intuition, listen without thinking of a response, de-clutter your space, say 'no' to something

SPIRITUAL CONNECTION:

Candles, essential oils, prayer, gratitude, spreading kindness, dreaming, goal setting, manifesting, set an intention, have faith, schedule alone time, go outside, sit against a tree, look at the stars, embrace the present, do your hobby, intentionally slow down

BODY:

Exercise, walking, yoga, bath, eating healthy foods, drinking more water, having less sugar, taking deep breaths, say nice comments and appreciate your body's capabilities, mindful eating, eat the dessert

