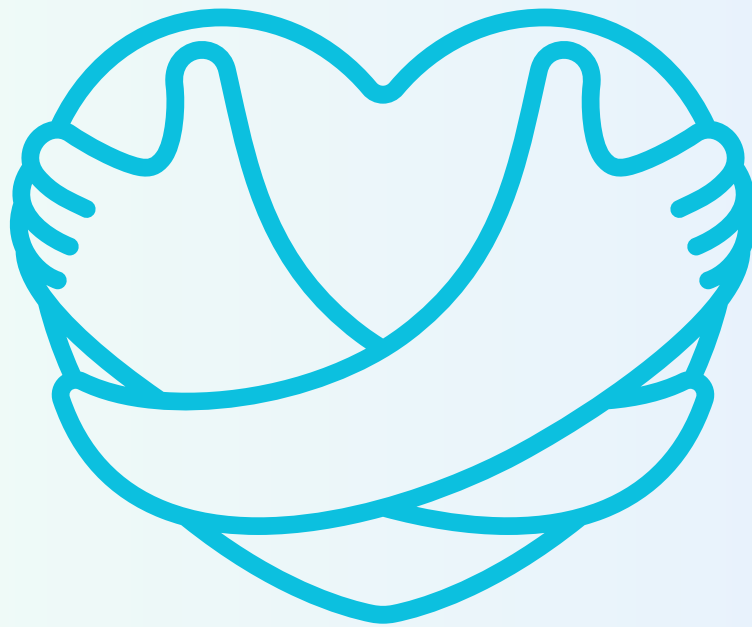


SELF-LOVE JOURNAL



Kristen Dalelio McLoud, LCSW



**-THE-
BEST**
project
(YOU WILL EVER)
WORK (ON)
is your
self

This journal is in celebration of:

Today's date _____

What new skill or experience have I been eager to explore, and what steps can I take to carve out time for it in my schedule?

List your strengths. Then answer the following question: "How can I use my strengths to better achieve my goals?"

Daily Gratitude

DATE _____

TODAY I'M FEELING: _____



POSITIVE MANTRA FOR THE DAY: _____

Large empty rectangular box for writing a positive mantra.

THINGS IN MY LIFE I'M GRATEFUL FOR: _____

Four horizontal lines, each starting with a small circle, for listing things to be grateful for.

SOMETHING THAT INSPIRES ME: _____

Large empty rectangular box for writing something that inspires.

PLACES THAT MAKE ME HAPPY: _____

Three horizontal lines, each starting with a small circle, for listing places that make one happy.

HOW I WOULD RATE MY SELF CARE TODAY: _____

Five empty star outlines for rating self-care.

Today's date _____

What are the aspects of my life that I am grateful for, and what practices can I implement to appreciate happiness every day?

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

Today's date _____

**What are some negative self-beliefs that I need to work on?
How can I challenge or disprove them?**

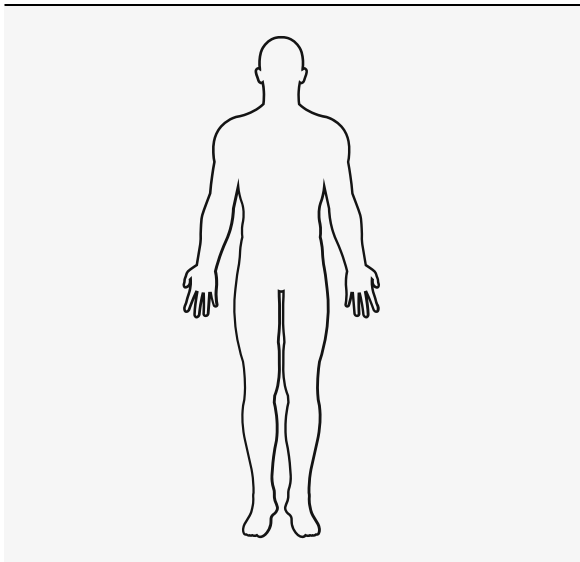
**Where did some of these beliefs come from (mother, father, sister, brother,
teacher, classmates, etc)**

Self Love for my Body

DATE _____

HOW DOES MY BODY FEEL TODAY?

PAY SPECIAL ATTENTION TO THESE AREAS TODAY:



HOW I FEEL ABOUT MY BODY TODAY:



LIST WHAT I LOVE ABOUT MY BODY:

HOW TO IMPROVE MY PHYSICAL HEALTH

GOOD FOODS TO NOURISH MY BODY:

HOW WOULD I RATE MY SELF IMAGE TODAY:

