

SELF LOVE

Journal



Expand your self-worth + live an authentic life

www.milasmindsetcoaching.com

SELF LOVE LIST



Compliments you've received which make you feel good

3 of your
Proudest Moments

3 character traits you are proud of

3 People who love + support you

My High-Vibe List



One way to practise self-love is to spend much of your time doing activities which fill you with joy. List down activities which are self-loving + never fail to lift your mood.















Write your plan to include 1-3 of these activities into your everyday life:



Set Healthy Boundaries Today



I struggle setting boundaries with these people

Blank area for writing names of people.

I feel most angry when they

Blank area for describing feelings.

I struggle setting boundaries with them because

Blank area for explaining reasons.

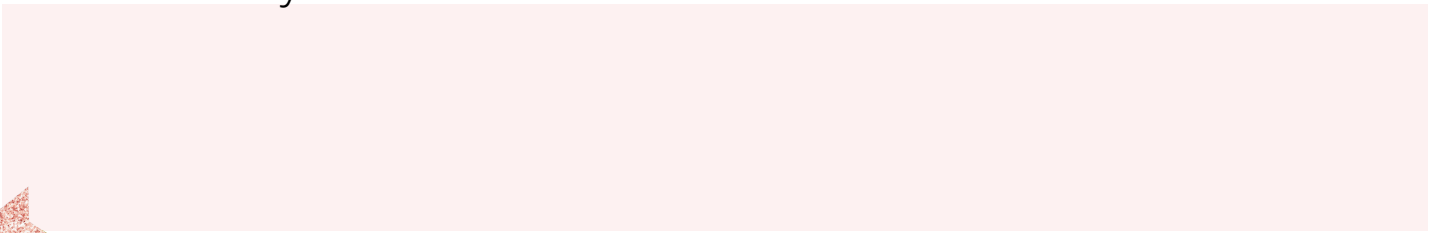
Specific actions I can do to set boundaries with them

Blank area for listing actions.

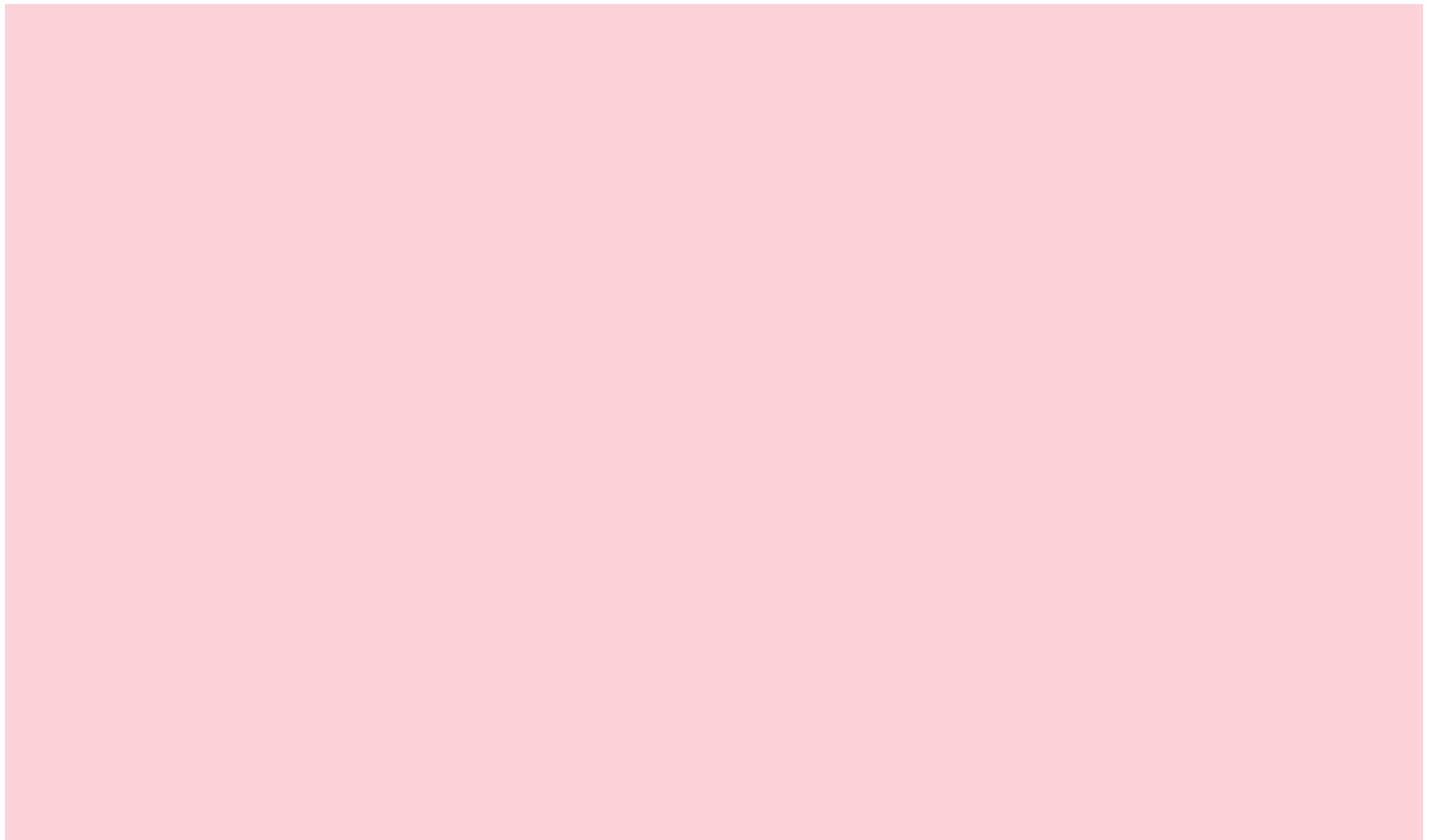


Set Healthy Boundaries Today

How will they react?



My reflections



Date:



This Week's Success Log

Keep track of your small wins everyday
+ share them with a trusted person.

Mon

Tue

Wed

Thu

Fri

Sat

Sun



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