

Falling in Love Again — With Yourself

A gentle self-love reflection to begin where you are.

One thing I appreciate about who I am right now is:

Something I've survived that I don't give myself enough credit for:

One boundary I need to honor more lovingly this year:

When I'm overwhelmed, the kindest thing I can do for myself is:

One way I will choose myself without guilt is:

This year, I choose to love myself gently, consistently, and without apology.