




Love Yourself

Journal

*Be proud of who you are, and not
ashamed of how someone else sees
you.*



What do I need to be more at peace with myself?

“Love yourself first and everything else falls into line. You really have to love yourself to get anything done in this world.” — Lucille Ball



What am I holding on to?

“Sometimes it takes a heartbreak to shake us awake & help us see we are worth so much more than we’re settling for.” — Mandy Hale



What fulfills me?

“ Success without fulfillment is the ultimate failure.” Tony Robbins



*How can I change the way I'm
feeling right now?*

*We will not find the inner strength to evolve to a
higher level if we do not inwardly develop this
profound feeling that there is something higher than
ourselves. Rudolf Steiner*



What does unconditional self-love look like for you on a daily basis?

“Once you embrace your value, talents, and strengths, it neutralizes when others think less of you.”



*Does it consist of self-care? What kind
of self-care?*

*“One of the greatest regrets in life is being
what others would want you to be, rather
than being yourself.”*



*When you love yourself unconditionally,
how do you wake up?*

*“Owning our story and loving ourselves
through that process is the bravest thing that
we’ll ever do.”*



*When you love yourself unconditionally,
how do you move your body?*

*“Don’t waste your energy trying to
change opinions ... Do your thing, and
don’t care if they like it.”*



*When you love yourself unconditionally,
how do you speak to yourself?*

*“To fall in love with yourself is the
first secret to happiness.”*



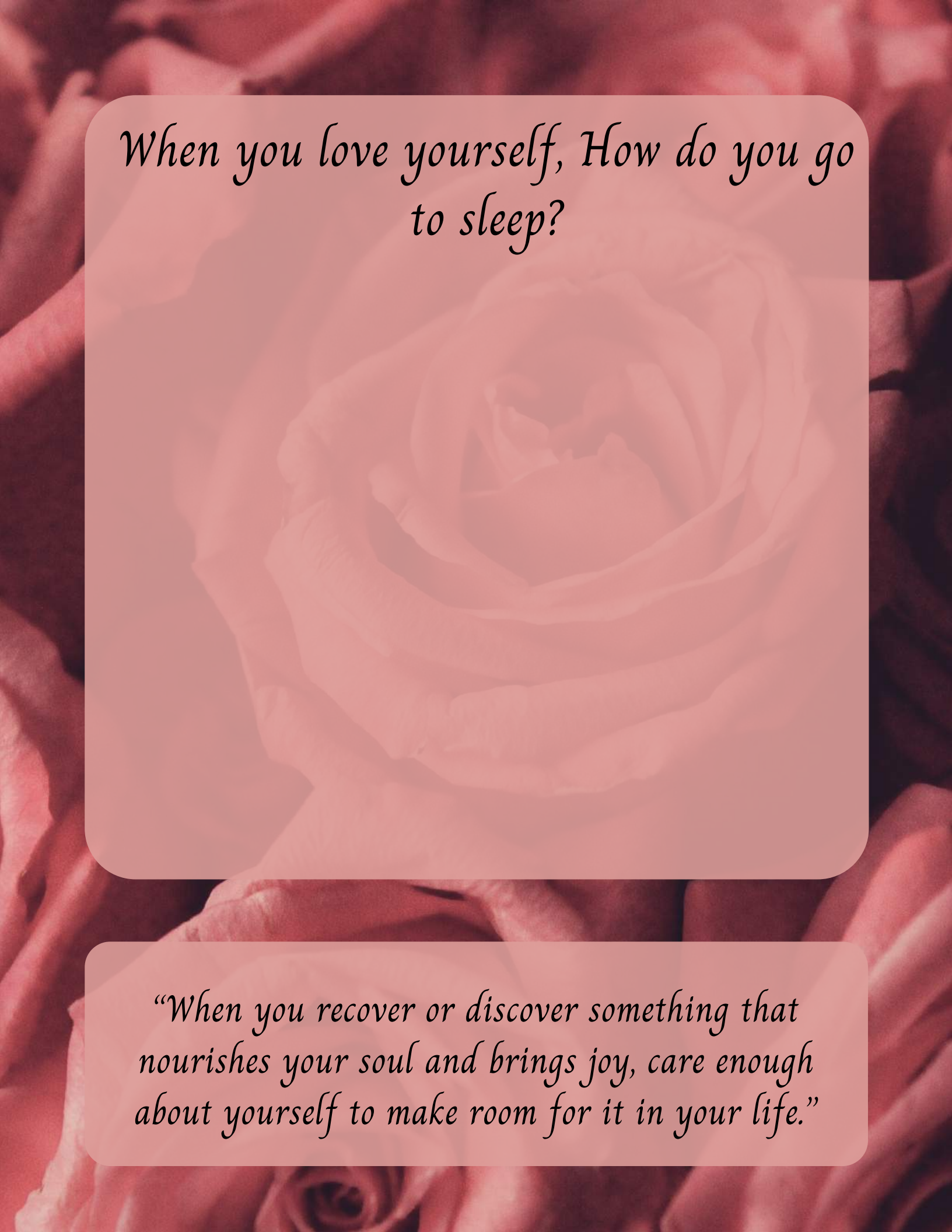
When you love yourself, what kind of people do you hang out with?

“Why should we worry about what others think of us, do we have more confidence in their opinions than we do our own?”



*When you love yourself, how do you
eat?*

*“Self-care is never a selfish act—it is simply
good stewardship of the only gift I have, the
gift I was put on earth to offer to others.”*



*When you love yourself, How do you go
to sleep?*

*“When you recover or discover something that
nourishes your soul and brings joy, care enough
about yourself to make room for it in your life.”*



What kinds of activities do you engage in?

“What lies behind us and what lies before us are tiny matters compared to what lies within us.”



What beliefs underlie your self-love?

“Be healthy and take care of yourself, but be happy with the beautiful things that make you, you.”



What is one feeling you can accept and feel?

“Never be bullied into silence. Never allow yourself to be made a victim. Accept no one’s definition of your life, but define yourself.”



*What rules or conditions can you
relinquish to love yourself
unconditionally?*

*“A man cannot be comfortable
without his own approval.”*



*How can you tend to your mental,
emotional, physical and spiritual needs?*

*“Until you value yourself, you won’t value
your time. Until you value your time, you
will not do anything with it.”*



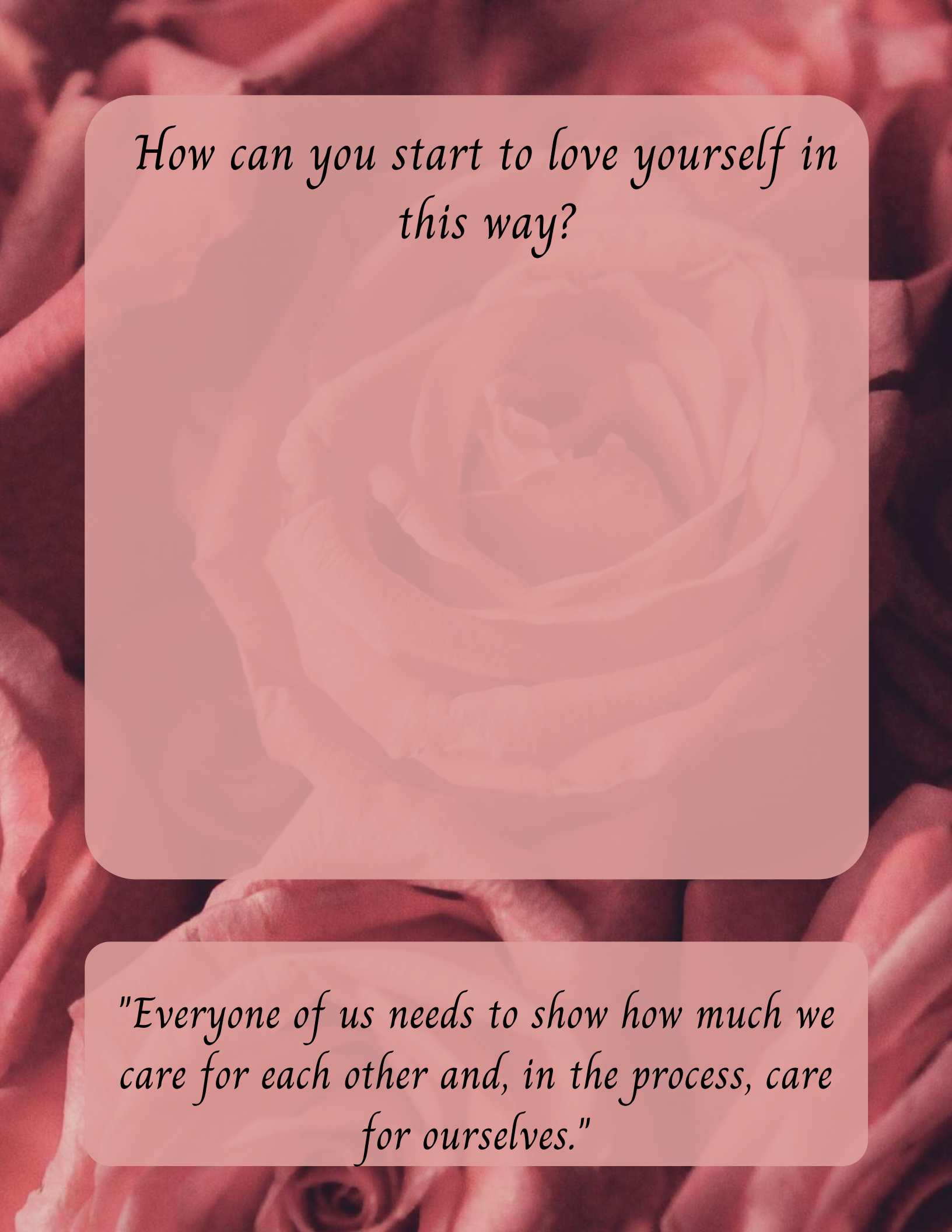
How are you thinking and feeling right now?

“Low self-esteem is like driving through life with your hand-break on.”



How do you love your closest people unconditionally? What does this entail?

"When you make a mistake, respond to yourself in a loving way rather than a self-shaming way."



*How can you start to love yourself in
this way?*

*"Everyone of us needs to show how much we
care for each other and, in the process, care
for ourselves."*