



The 28 day

SELF- WORTH BOOSTER JOURNAL

A JOURNAL FOR WOMEN
WANTING TO CHANGE THEIR
THOUGHTS AROUND SELF WORTH



PARKWAY
COUNSELLING

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a journal from

PARKWAY COUNSELLING



IF ANY OF THIS SOUNDS LIKE YOU...

- You have self-doubt. You delay making decisions. If you do make decisions you second guess them.
- You constantly worry about what others might think of you. You not only want but need to be liked. You keep revisiting things you said to others in your head and try to understand how it might have landed on them and what they might think of you now.
- You engage in upward social comparison with people you think are better than you
- You feel behind in life. Many of your thoughts start with "I should..."
- You let your fear of failure stop you from going after the things you truly want in life. Instead of going all in on your dreams, you make excuses or minimize them.
- You tend to blame other people or circumstances for not moving forward and always find a reason why right now is not a good time to start or continue to work on the things you actually want.
- You struggle with pleasing people, have a hard time saying no and are unsure about your boundaries. You apologise A LOT.
- Some days you just feel so drained, hopeless and unworthy.
- You are your harshest critic and say things like "I am such an idiot.". It might be so extreme that people already made you aware of it.
- No matter how big your latest achievement was or how proud you were of making progress, feeling good about yourself never lasts long and a few days later you go back to feeling like a failure.
- Secretly you think that if people know who you really are, they will leave you. In general you have attachment issues and fear of abandonment when it comes to friendships and relationships. You even often worry about losing your job or business (even if there are no real life reasons for feeling so anxious).
- You and/or others consider yourself a perfectionist.

THIS JOURNAL IS RIGHT FOR YOU!



ABOUT THE JOURNAL

- It combines self-awareness, mindfulness and self-kindness elements to help you significantly improve your self-worth and with that quality of life.
- Here are just a few of the positive benefits you can expect when using this journal for a minimum of 28 days:
 - Learn to listen to your intuition and reconnect with your authentic self
 - Finally see your inner beauty and let it shine through in everything you do
 - Feel less stressed and uncomfortable - even when life gets challenging
 - Become more confident and tap into your full creative potential
 - Unlock hidden talents and skills and tap into your full potential
 - Find your inner courage to stand up for yourself, your dreams and for others
 - Be in general more calm, cool and collected
 - Gain a positive outlook on life, more energy and finally feel enthusiastic about life and your dreams again
 - Stop pushing people away with neediness and instead become even more attractive because of your the good vibes you feel and radiate
 - Stop reacting from a place of fear and scarcity and start creating from a place of love and abundance
 - Embrace your imperfections and use them to your advantage instead of trying to hide them and feeling ashamed of them
 - Prioritising your physical and emotional needs. Validate your feelings and prioritise your mental health and well-being.
 - Become your own biggest fan and most loyal friend and give yourself the unconditional support you need to make the most out of your life and natural gifts.



HOW TO GET THE MOST OUT OF THIS JOURNAL

For the next 28 days, use the following journal pages to:

Step #1: Practice **one** self-love affirmation per week

Step #2: Everyday write down **three** things you did to show yourself some kindness, patience, acceptance or support today*

Step #3: Everyday write down **three** things you did well on that day*

Step #4: Everyday choose 1 of the 28 journal prompts below to dig a bit deeper

*This can be big or the littlest of things. e.g. you could like the color of your eyes or the way you make your bed.

Disclaimer - if you have been triggered by any of the information in this journal please seek help. If you have previous trauma that has not been resolved you are advised to seek assistance prior to starting the journal. Your mental health is important and this journal does not replace professional help.





MEET THE AUTHOR



Julie Lovelle
Owner - Parkway Counselling



I am a registered counsellor with ACA (Australian Counselling Association). I need to meet certain requirements and standards to remain a member.

I am passionate about assisting teens and women in navigating life's challenges.

I believe everyone has the ability to lead a happy and fulfilling life. My philosophy is entrenched in the belief, mental and emotional well-being are integral to overall health, and therapy can be a powerful tool for achieving this balance.

If you need any assistance with your Journal, or have any queries do not hesitate to get in touch.

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AFFIRMATIONS

WEEKLY AFFIRMATIONS

AFFIRMATION WEEK 1

“I am a valuable human being and my needs, desires, dreams and goals matter.”

AFFIRMATION WEEK 2

“Today, I choose to be happy and embrace loving myself abundantly.”

AFFIRMATION WEEK 3

“I know that I am a good person, and I don’t need to prove it to anyone. There are plenty of reasons to be proud of myself.”

AFFIRMATION WEEK 4

“I know who I am. I love who I am. I love the way I do things and I love the way I grow as a person every single day.”



WEEK 1

*“I am a valuable human being
and my needs, desires, dreams
and goals matter.”*



day #1

DAILY SELF-WORTH

TODAY'S AFFIRMATION

"I am a valuable human being and my needs, desires, dreams and goals matter."

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY



TODAY'S JOURNAL PROMPT

What is important to me? Why is it important?

A series of horizontal lines for writing the journal entry.



day #2

DAILY SELF-WORTH

TODAY'S AFFIRMATION

"I am a valuable human being and my needs, desires, dreams and goals matter."

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY



TODAY'S JOURNAL PROMPT

I am my most authentic self when I...





day #3
DAILY SELF-WORTH

TODAY'S AFFIRMATION

*"I am a valuable human being and my needs,
desires, dreams and goals matter."*

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY



TODAY'S JOURNAL PROMPT

What does unconditional self-love look like to me?



day #4

DAILY SELF-WORTH

TODAY'S AFFIRMATION

"I am a valuable human being and my needs, desires, dreams and goals matter."

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY





day #5
DAILY SELF-WORTH

TODAY'S AFFIRMATION

*"I am a valuable human being and my needs,
desires, dreams and goals matter."*

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY



TODAY'S JOURNAL PROMPT

What is something others like about me? What are nice things others have said about me?



day #6

DAILY SELF-WORTH

TODAY'S AFFIRMATION

"I am a valuable human being and my needs, desires, dreams and goals matter."

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY



TODAY'S JOURNAL PROMPT

Is there a flaw I have that I can begin to look at in a more positive light?





day #7

DAILY SELF-WORTH

TODAY'S AFFIRMATION

"I am a valuable human being and my needs, desires, dreams and goals matter."

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY



TODAY'S JOURNAL PROMPT

What self-sabotaging behaviors am I planning to quit? When and how can I let go of these thoughts or behaviors?

Lined area for journaling with horizontal lines.



Lined writing area consisting of 22 horizontal blue lines for text entry.



WEEK 2

*“Today, I choose to be happy and
embrace loving myself
abundantly.”*



day #8

DAILY SELF-WORTH

TODAY'S AFFIRMATION

"Today, I choose to be happy and embrace loving myself abundantly."

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY



TODAY'S JOURNAL PROMPT

What are things I would not change about my body?



day #9
DAILY SELF-WORTH

TODAY'S AFFIRMATION

"Today, I choose to be happy and embrace loving myself abundantly."

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY



TODAY'S JOURNAL PROMPT

Take today to research self-love quotes. Which ones resonate most with you and why?



day #10
DAILY SELF-WORTH

TODAY'S AFFIRMATION

"Today, I choose to be happy and embrace loving myself abundantly."

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY



TODAY'S JOURNAL PROMPT

Write down your three biggest accomplishments. What do these wins say about your characters?





day #11

DAILY SELF-WORTH

TODAY'S AFFIRMATION

"Today, I choose to be happy and embrace loving myself abundantly."

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY



TODAY'S JOURNAL PROMPT

What are your standards when it comes to friendship? What type of friend do you want to be? What qualities do you look for in friends? What behavior disqualifies someone as a friend?





day #12
DAILY SELF-WORTH

TODAY'S AFFIRMATION

"Today, I choose to be happy and embrace loving myself abundantly."

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY



TODAY'S JOURNAL PROMPT

Review your answer to yesterday's journal prompt and now ask yourself if you are showing up as your own best friend? What do you need to change to be a better friend to yourself?



day #13
DAILY SELF-WORTH

TODAY'S AFFIRMATION

"Today, I choose to be happy and embrace loving myself abundantly."

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY





day #14
DAILY SELF-WORTH

TODAY'S AFFIRMATION

"Today, I choose to be happy and embrace loving myself abundantly."

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY





WEEK 3

*“I know that I am a good person,
and I don’t need to prove it to
anyone. There are plenty of
reasons to be proud of myself.”*



day #15
DAILY SELF-WORTH

TODAY'S AFFIRMATION

*"I know that I am a good person, and I don't need to prove it to anyone.
There are plenty of reasons to be proud of myself."*

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY



TODAY'S JOURNAL PROMPT

Which of your habits and behaviors make you lose self-respect? What about them makes you lose respect for yourself?

Lined area for journaling with horizontal lines for writing.



day #16
DAILY SELF-WORTH

TODAY'S AFFIRMATION

*"I know that I am a good person, and I don't need to prove it to anyone.
There are plenty of reasons to be proud of myself."*

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY





day #17
DAILY SELF-WORTH

TODAY'S AFFIRMATION

*"I know that I am a good person, and I don't need to prove it to anyone.
There are plenty of reasons to be proud of myself."*

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY





day #18
DAILY SELF-WORTH

TODAY'S AFFIRMATION

*"I know that I am a good person, and I don't need to prove it to anyone.
There are plenty of reasons to be proud of myself."*

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY



TODAY'S JOURNAL PROMPT

Write down all the things you dislike about yourself. Once you are done, look at all these as if they were written by someone you unconditionally love. Are they really this bad or are you more critical with yourself than with others? Go through all the things and think what you actually want to change and what you can just start accepting as a trait or aspect about yourself that adds to your uniqueness.

Lined area for journaling.





day #19
DAILY SELF-WORTH

TODAY'S AFFIRMATION

*"I know that I am a good person, and I don't need to prove it to anyone.
There are plenty of reasons to be proud of myself."*

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY



TODAY'S JOURNAL PROMPT

Take a few deep breaths. Scientists say the odds of you being born are at least 1 in 400 trillion. How do you feel about being such a miracle? How can you embrace this fact on a daily basis?



day #20

DAILY SELF-WORTH

TODAY'S AFFIRMATION

*"I know that I am a good person, and I don't need to prove it to anyone.
There are plenty of reasons to be proud of myself."*

3 THINGS YOU ARE GRATEFUL FOR TODAY

Three horizontal lines for writing the first section.

3 GOOD THINGS THAT HAPPENED TODAY

Five horizontal lines for writing the second section.



TODAY'S JOURNAL PROMPT

What advice would your 90-year old self give you about life and self-love?



day #21
DAILY SELF-WORTH

TODAY'S AFFIRMATION

*"I know that I am a good person, and I don't need to prove it to anyone.
There are plenty of reasons to be proud of myself."*

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY



WEEK 4

“I know who I am. I love who I am. I love the way I do things and I love the way I grow as a person every single day.”



day #22

DAILY SELF-WORTH

TODAY'S AFFIRMATION

"I know who I am. I love who I am. I love the way I do things and I love the way I grow as a person every single day."

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY



day #23
DAILY SELF-WORTH

TODAY'S AFFIRMATION

"I know who I am. I love who I am. I love the way I do things and I love the way I grow as a person every single day."

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY



day #24
DAILY SELF-WORTH

TODAY'S AFFIRMATION

"I know who I am. I love who I am. I love the way I do things and I love the way I grow as a person every single day."

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY



day #25
DAILY SELF-WORTH

TODAY'S AFFIRMATION

"I know who I am. I love who I am. I love the way I do things and I love the way I grow as a person every single day."

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY



day #26

DAILY SELF-WORTH

TODAY'S AFFIRMATION

"I know who I am. I love who I am. I love the way I do things and I love the way I grow as a person every single day."

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY



day #27

DAILY SELF-WORTH

TODAY'S AFFIRMATION

"I know who I am. I love who I am. I love the way I do things and I love the way I grow as a person every single day."

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY



day #28

DAILY SELF-WORTH

TODAY'S AFFIRMATION

"I know who I am. I love who I am. I love the way I do things and I love the way I grow as a person every single day."

3 THINGS YOU ARE GRATEFUL FOR TODAY

3 GOOD THINGS THAT HAPPENED TODAY



CONGRATULATIONS !!!

YOU made it !

I am very proud of your achievements to get through the 28 days.

Hopefully this journal has given you a new outlook.

During your self discovery the new you has new vision, new confidence and plenty of self worth. If and when you feel you need prompting or reminding of the new self, you can come back to the journal and prompts. It could be a good reminder of where you started and what you have achieved.

If you didn't make it through the 28 day, that's ok. You can still be proud of what you achieved. By even looking at the Journal and contemplating starting is an achievement in itself.

If you would like to discuss any part of the transformation or the Journal please get in touch.

Julie Lovelle - Parkway Counselling
www.parkwaycounselling.com.au

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