

JUST M ORR  
FITNESS

# SELF-LOVE

*self love journal*

# JOURNAL



# Self-reflection questions

Can I rely on myself?

---

What are my strengths?

---

What do I love about myself?

---

Who matters the most to me?

---

What am I ashamed of?

---

What inspires me?

---

What am I worried about?

---

Where do I feel safest?

---

Who gives me comfort?

---

Things that give me energy?

---

What keeps me grounded?

---

What am I grateful for?

---

What are my values?

---

When am I at my best?

---

How comfortable am I with saying "no" to things or people who don't bring me joy?

---



# Self-reflection questions

Do I feel guilty if I put my needs first?

When was the last time I felt beautiful?  
Smart? Or powerful?

If someone tells me I'm not good  
enough, how would I respond?

If someone tells me I'm amazing, how  
would I respond?

How often do I apologize, even when  
it's not my fault?

How often do I take on other people's  
problems as if they were my own?

When was the last time I told myself  
"good job"?

How often do I spend time and energy  
taking care of myself versus taking care  
of others?

When was the last time I laughed so  
hard my belly ached?

How often do I have a positive  
experience versus a negative  
experience?

How content am I with life in general?

How would I answer the question "I'll be  
happy when...?"

What's preventing me from being truly  
happy now?

What am I doing to increase my  
happiness?

Do I have any regrets that I can't let go?





# Self-Love Questions

*just a few more*

---

How often do I tell myself "I can't"?

---

Do I believe I have control over how I feel and the experiences I have in life?

---

How often do I complain?

---

What am I doing on a day to day basis to progress towards my ultimate goal in life?





# Self-Assessment

How do I feel at this moment?

Yes

No

I get enough sleep

Yes

No

I spend time to recharge

Yes

No

I have a healthy eating habit

Yes

No

I keep my space clean

Yes

No

I exercise my body regularly

Yes

No

I take care of my hygiene

Yes

No

What am I putting off?





# Self-love goals

Today's affirmation:

Why is it important that I love myself?

How can I be kinder to myself?

What does the word "body positivity mean to me?

Habits to Start:

- 1.
- 2.
- 3.
- 4.
- 5.

Habits to Stop:

- 1.
- 2.
- 3.
- 4.
- 5.





# Mood Tracker

A grid of 31 numbered circles arranged in a roughly rectangular shape. The numbers are: 1, 2, 3, 4, 5, 6, 7, 8, 9, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20, 21, 22, 23, 24, 25, 26, 27, 28, 29, 30, 31. Each circle is empty, intended for a user to write a mood.

- Angry
- sad
- Happy
- Stressed



# Self-Love Challenge



Be grateful for yourself



Drink more water



Take a stroll in nature



Eat your favorite treat



Go to bed early



Listen to favorite song



Eat healthy meals



Take a nice bubble bath



Cook your favorite meal



Practice yoga



Go on a solo date



Write a journal



Give yourself a facial



Practice gratitude



Go to the gym



Watch the sunrise



Read a book



Explore a new city



Watch your favorite movie



Hang with good friends



Get some sunlight



Start a new hobby



Buy yourself a flower



Organize your closet



Watch the sunset



Take a day off



Learn a new skill



Accept your mistakes



Wear the clothes you love



Thank yourself





# Monthly goals

1 2 3 4 5 6 7 8 9 10 11 12

Goals:

Why?

How?

When?

Where?

Goals:

Why?

How?

When?

Where?

Goals:

Why?

How?

When?

Where?

notes:



# Monthly positivity

Month:

Weather:

Note To Self:

Calendar

m t w t f s s

Things I'm thankful for:

- 
- 
- 
- 
- 



# Self-love affirmations to remember this month

month:

.....

year:

.....

Remember I am:

---

---

---

---

---

Remember I am:

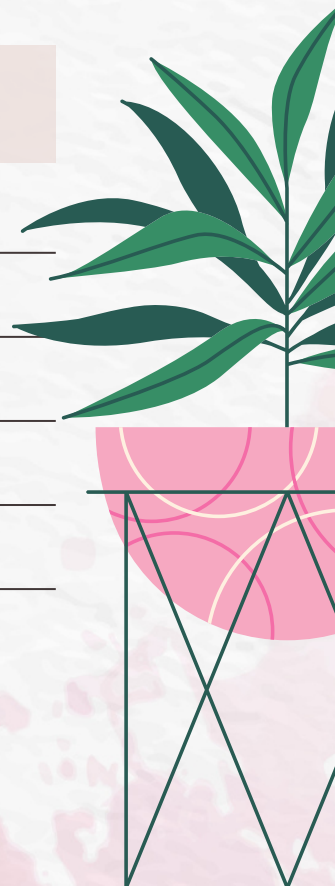
---

---

---

---

---



# Sleep Tracker

	mon	tue	wed	thu	fri	sat	sun
Sleep							
Hours							
Wake Up							
Mood	<input type="checkbox"/> 😊	<input type="checkbox"/> 😊	<input type="checkbox"/> 😊	<input type="checkbox"/> 😊	<input type="checkbox"/> 😊	<input type="checkbox"/> 😊	<input type="checkbox"/> 😊
	<input type="checkbox"/> 😄	<input type="checkbox"/> 😄	<input type="checkbox"/> 😄	<input type="checkbox"/> 😄	<input type="checkbox"/> 😄	<input type="checkbox"/> 😄	<input type="checkbox"/> 😄
	<input type="checkbox"/> 😐	<input type="checkbox"/> 😐	<input type="checkbox"/> 😐	<input type="checkbox"/> 😐	<input type="checkbox"/> 😐	<input type="checkbox"/> 😐	<input type="checkbox"/> 😐
	<input type="checkbox"/> ☹️	<input type="checkbox"/> ☹️	<input type="checkbox"/> ☹️	<input type="checkbox"/> ☹️	<input type="checkbox"/> ☹️	<input type="checkbox"/> ☹️	<input type="checkbox"/> ☹️
	<input type="checkbox"/> 😞	<input type="checkbox"/> 😞	<input type="checkbox"/> 😞	<input type="checkbox"/> 😞	<input type="checkbox"/> 😞	<input type="checkbox"/> 😞	<input type="checkbox"/> 😞

Notes





# Self-love practice

<i>Emotional</i>	<i>Physical</i>
<ul style="list-style-type: none"><li>●</li><li>●</li><li>●</li><li>●</li><li>●</li><li>●</li><li>●</li></ul>	<ul style="list-style-type: none"><li>●</li><li>●</li><li>●</li><li>●</li><li>●</li><li>●</li><li>●</li></ul>
<i>Spiritual</i>	<i>Social</i>
<ul style="list-style-type: none"><li>●</li><li>●</li><li>●</li><li>●</li><li>●</li><li>●</li><li>●</li></ul>	<ul style="list-style-type: none"><li>●</li><li>●</li><li>●</li><li>●</li><li>●</li><li>●</li><li>●</li></ul>



# My self-love journey

---

I feel loved when...

---

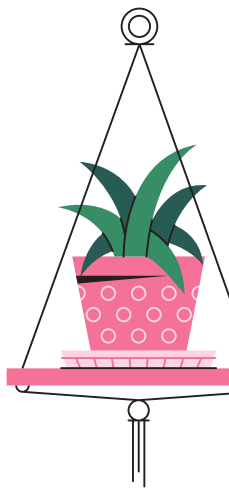
I feel blessed when...

---

I feel confident when...

---

I feel proud when...



# Self-Love journal



month: .....

year: .....

## acts of self-love

Three sets of horizontal lines for writing acts of self-love.

## Affirmation

- 
- 
- 
- 

## today's mood



## i'm grateful for



inspiration: .....

.....

.....



# Self-love journal



month: .....

year: .....

affirmations

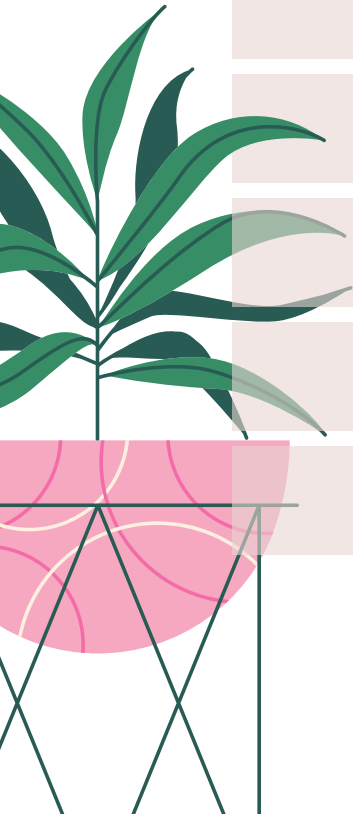
A vertical stack of ten light pink rectangular boxes for writing affirmations.

i'm proud of my...

i'm grateful for...

note to self:

Four horizontal lines for writing a note to self.







# Self-Love journal



month: .....

year: .....

## acts of self-love

Three horizontal lines for writing acts of self-love.

## Affirmation

- 
- 
- 
- 

## today's mood



## i'm grateful for



inspiration: .....

.....

.....



# Self-love journal



month: .....

year: .....

affirmations

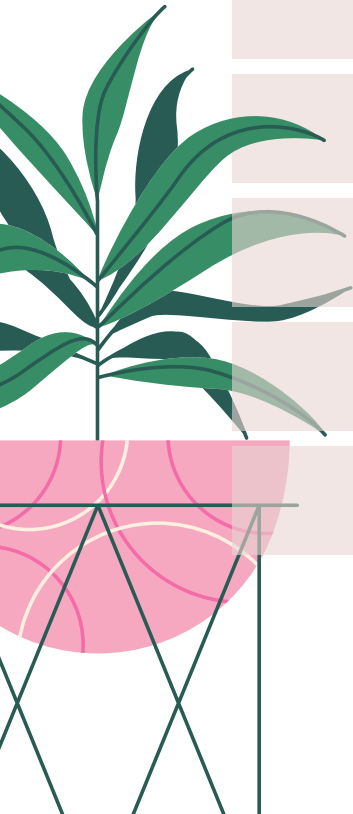
10 horizontal light pink rectangular boxes for writing affirmations.

i'm proud of my...

i'm grateful for...

note to self:

Four horizontal lines for writing a note to self.







# Self-Love journal



month: .....

year: .....

## acts of self-love

Three horizontal lines for writing acts of self-love.

## Affirmation

- 
- 
- 
- 

## today's mood



## i'm grateful for



inspiration: .....

.....

.....



# Self-love journal



month: .....

year: .....

affirmations

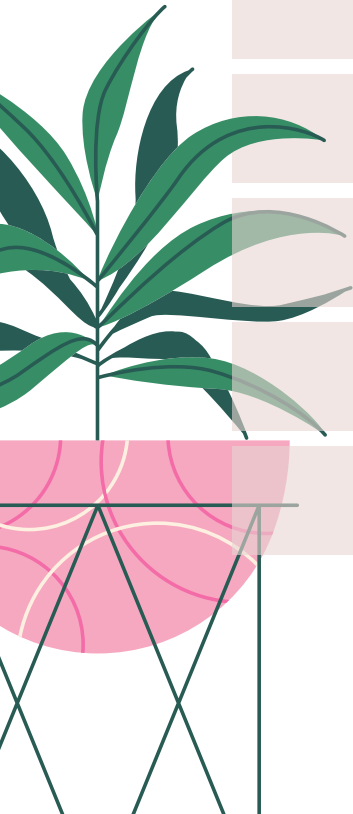
A vertical stack of ten light pink rectangular boxes, each intended for writing an affirmation.

i'm proud of my...

i'm grateful for...

note to self:

Four horizontal lines provided for writing a note to oneself.





# Self-Love journal



month: .....

year: .....

## acts of self-love

.....	.....
.....	.....
.....	.....

## Affirmation

- 
- 
- 
- 

## today's mood



## i'm grateful for



inspiration: .....

.....

.....



# Self-love journal



month: .....

year: .....

affirmations

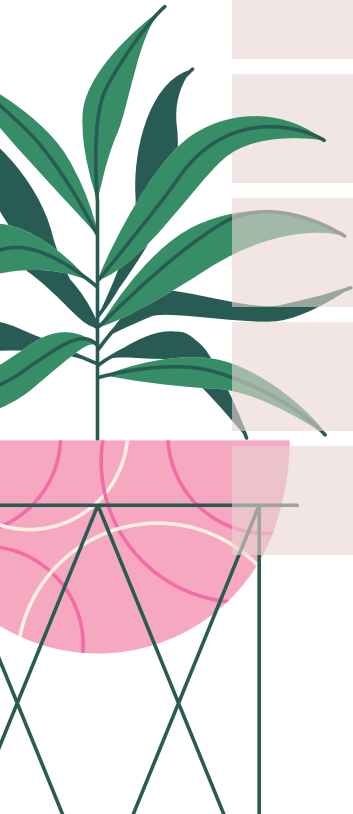
A vertical stack of ten light pink rectangular boxes for writing affirmations.

i'm proud of my...

i'm grateful for...

note to self:

Four horizontal lines for writing a note to self.







# Self-Love journal



month: .....

year: .....

## acts of self-love

Three horizontal lines for writing acts of self-love.

## Affirmation

- 
- 
- 
- 

## today's mood



## i'm grateful for



inspiration: .....

.....

.....



# Self-love journal



month: .....

year: .....

affirmations

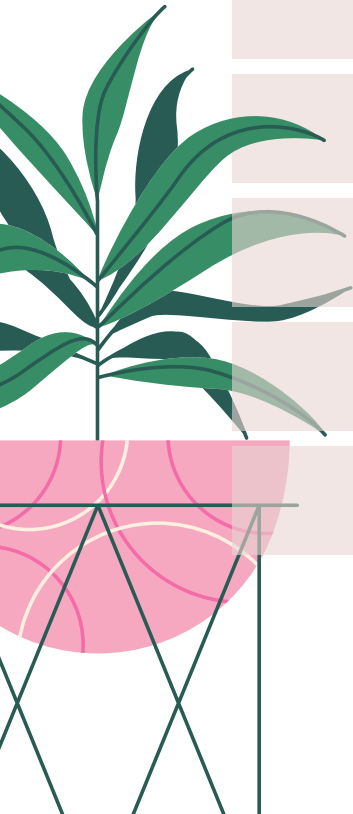
10 horizontal light pink rectangular boxes for writing affirmations.

i'm proud of my...

i'm grateful for...

note to self:

Four horizontal lines for writing a note to self.





**JUST M ORR** FITNESS *power*

**JUST M ORR** FITNESS *passion*

**JUST M ORR** FITNESS *results*

CONNECT WITH ME



@justm.orr\_fitness