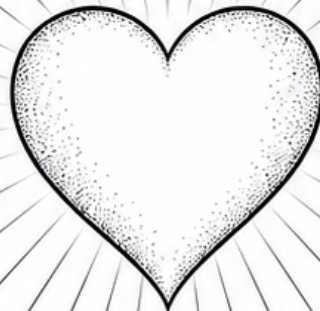


FREE GIFT PDF

7-Day *Self-Love* Reset



A gentle printable companion to
✧ *Manifesting Self-Love* ✧

Seven days of affirmations,
reflection, and simple self-care.



Welcome

How to use your 7-Day Self-Love Reset

This printable is your gentle invitation
to slow down, speak kindly to yourself,
and reconnect with the love you
already carry within.

-
1. Read the daily affirmation.
 2. Reflect on the question.
 3. Complete the self-care action.
 4. Write one kind thought about yourself.
-

One loving thought at a time.

Day 1



I Am Worthy

What makes me worthy today, just as I am?

✧ **Self-care action:** ✧

List three qualities you value in yourself.

1. _____
2. _____
3. _____

✧ One kind thought about myself today: ✧

Day 2

I Am Enough

Where do I need to remember that
I am already enough?

Self-care action:

Replace one comparing thought with a kinder one.

One kind thought about myself today:

Day 3

I Am Strong

What challenge have I already overcome?

Self-care action:

Write one strength that helped you through it.

One kind thought about myself today:

Day 4

I Am Deserving of Rest

How can I give myself rest without guilt today?

Self-care action:

Take 10 quiet minutes just for yourself.

One kind thought about myself today:

Day 5

I Am Proud of Myself

What is one accomplishment, big or small,
that deserves celebration?

✧ Self-care action: ✧

Celebrate one win from today or this week.

✧ One kind thought about myself today: ✧

Day 6

I Am Growing

What belief or habit am I ready to release?

Self-care action:

Write one loving next step toward growth.

One kind thought about myself today:

Day 7

I Am Loved

In what ways can I give and receive love today?

✧ *Self-care action:* ✧

Write a short love note to yourself.

✧ *One kind thought about myself today:* ✧

*My
Self-Love Promise*

Before you go, take one more quiet moment
to choose the words you want to carry with you.

The affirmation I want to keep using:

A truth I want to remember about myself:

One loving step I will take next:

My self-love promise:

*You are enough, you are growing,
and you are deeply worthy of love.*