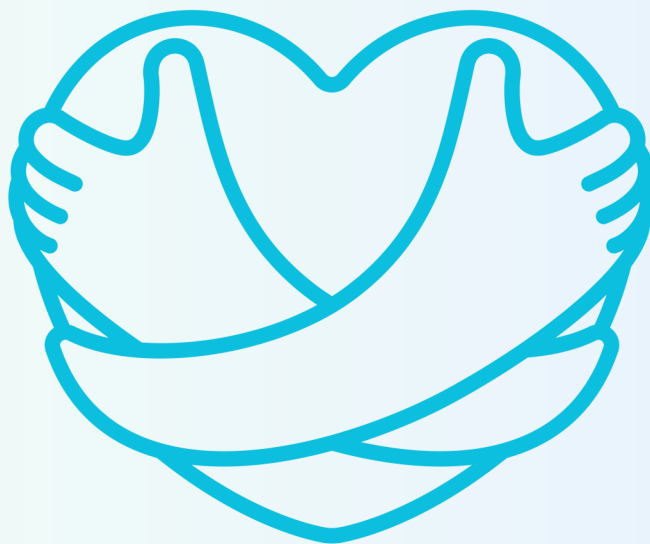


mental wholeness
PSYCHOTHERAPY

SELF-LOVE JOURNAL



**-THE-
BEST
project
(YOU WILL EVER)
WORK (ON)
is your
self**

This journal is in celebration of:

Today's date _____

What new skill or experience have I been eager to explore, and what steps can I take to carve out time for it in my schedule?

List your strengths. Then answer the following question: "How can I use my strengths to better achieve my goals?"

Daily Gratitude

DATE _____

TODAY I'M FEELING: _____



POSITIVE MANTRA FOR THE DAY: _____

THINGS IN MY LIFE I'M
GRATEFUL FOR: _____



SOMETHING THAT INSPIRES ME: _____

Large empty box for writing something that inspires me.

PLACES THAT MAKE ME HAPPY: _____



HOW I WOULD RATE MY SELF
CARE TODAY: _____



Today's date _____

What are the aspects of my life that I am grateful for, and what practices can I implement to appreciate happiness every day?

What are some ways that I can take care of my physical health, such as by getting enough sleep, eating well, and exercising regularly?

Today's date _____

**What are some negative self-beliefs that I need to work on?
How can I challenge or disprove them?**

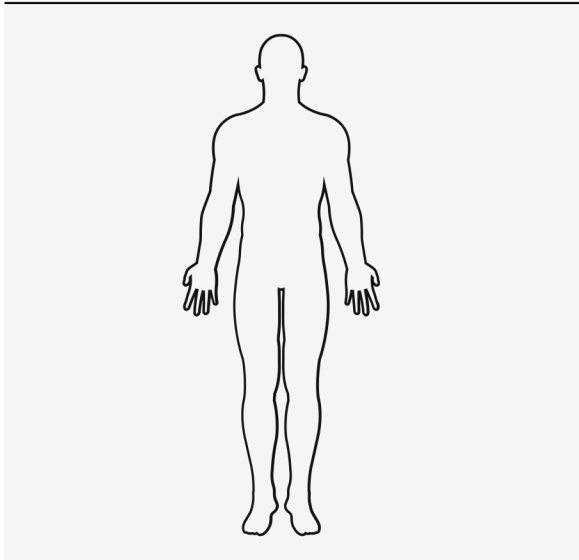
**Where did some of these beliefs come from (mother, father, sister, brother,
teacher, classmates, etc)**

Self Love for my Body

DATE _____

HOW DOES MY BODY FEEL TODAY?

PAY SPECIAL ATTENTION TO THESE AREAS TODAY:



HOW I FEEL ABOUT MY BODY TODAY:



LIST WHAT I LOVE ABOUT MY BODY:

☐ _____

☐ _____

☐ _____

☐ _____

HOW TO IMPROVE MY PHYSICAL HEALTH

GOOD FOODS TO NOURISH MY BODY:

☐ _____

☐ _____

☐ _____

HOW WOULD I RATE MY SELF IMAGE TODAY:

