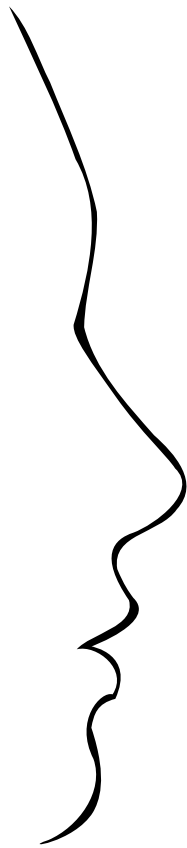


LOVE YOU JOURNAL



CINDY THERESIA & ESTHER SUSANNE




LOVE YOU JOURNAL

The art to love yourself

Colophon

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Introduction

This Journal belongs to

Day 1: Loving Your Inner Child

Day 2: Acknowledging Your Worth

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Day 4: Celebrating Strengths

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Day 7: Reconnecting with Joy

Day 8: Self-Compassion

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Day 10: Visualizing Self-Worth

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Day 12: Loving Your Body

Day 13: Trusting Yourself

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Day 16: Dreaming Boldly

Day 17: Strength in Self-Respect

Day 18: Rising with Resilience

Day 19: Embracing Hope

Day 20: Celebrating Freedom

Day 21: Unconditional Self-Love

Never Forget!

Poem

The Mirror Coaching

For Your Collection

Introduction

Welcome to your 21-Day Self-Love Journal, a tool designed to help you reconnect with yourself, nurture self-compassion, and build habits that reinforce your sense of worth. Self-love isn't about perfection, it's about acceptance and celebration of who you are, right here and now.

In this journal, you'll find:

Daily Meditations: Simple guided reflections to center yourself.

Affirmations: Positive statements to help rewire negative thought patterns.

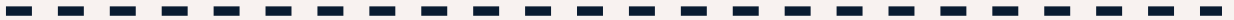
Assignments: Writing prompts or exercises for deeper self-exploration.

Healthy Habits: Actionable practices to strengthen your well-being.

You can complete this journal at your own pace, but consistency will help solidify these habits. Set aside 20–30 minutes each day in a quiet, undisturbed space. This is your time to nurture your mind, body, and soul.

As you embark on this journey, remember: self-love is not linear. Some days will feel easier than others, and that's okay. Be patient, and above all, be kind to yourself.

THIS JOURNAL BELONGS TO:





**"I MUST UNDERTAKE TO LOVE MYSELF AND TO
RESPECT MYSELF AS THOUGH MY VERY LIFE
DEPENDS UPON SELF-LOVE AND SELF-RESPECT."**

—Maya Angelou

Day 1: Loving Your Inner Child

Meditation:

Visualize your younger self (You can take a picture of when you were young) and send them love, compassion, and forgiveness. Imagine hugging this version of you.

Affirmation:

"I am enough just as I am."

Assignment:

Write a letter to your younger self, expressing unconditional love and understanding.

Healthy Habit:

Drink at least 8 glasses of water today.

SELF-LOVE JOURNAL

DATE: / /



S M T W T F S

TODAY I'M GRATEFUL FOR:

1.
2.
3.

WATER INTAKE



1 2 3 4 5 6 7 8 (Glass)

MOOD



ANGRY



TIRED



SAD



HAPPY



EXCITED

NOTES/REMINDER:

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TODAY'S AFFIRMATION

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FOR TOMORROW

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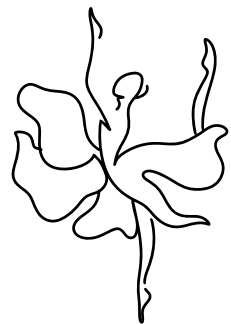
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Day 1

Date: _____

What do "You" mean to you? and what are the things you like to change about you?

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YOU IS AMAZING