



30-Day Self Love Journal



“

Worthy now.
Not if. Not
when.

We are worthy
of love and
belonging
now.

Right this
minute. As is.

BRENE BROWN



30-Day Self Love Journal

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



DAY 14

DATE: _____

Compliments

Give yourself at least 5 compliments

1.

2.

3.

4.

5.

DAY 21

DATE: _____

Your Day

Write down 5 positive things that happened in your day

1.

2.

3.

4.

5.

Thank you for coming on this
self love journey with us!

Please stay in touch



www.strongerbybelieve.com

EMAIL:

hello@strongerbybelieve.com

INSTAGRAM:

[@stronger_bybelieve](https://www.instagram.com/stronger_bybelieve)

It's important to note that Kristine and Sam are not trained psychologists or counsellors and they are not intended to be a substitute for professional medical advice. Always seek the guidance of your doctor or other qualified health professional with any questions you may have regarding your health or medical condition.

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