

### 30-Day Self Love Journal

strong by BELIEVE

66 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

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6	7	8	9	10
11	12	13	14	15
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21	22	23	24	25
26	27	28	29	30

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# A letter to yourself

Write the words you need to hear...

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### Self Love

What does self love mean to you and why do you think this is important?

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### DAY 3

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You

Write down 10 things you love about yourself and why

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### Achievements

Name 3 accomplishments in your life and why you are proud of yourself for achieving them

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# Brain Dump

What's on your mind today?

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# Your Gorgeous Body

What are you grateful your body can do and why?

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### Blessings

Make a list of all your blessings

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# Right now

What do you love about your life, right now?

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### Нарру

Who are the people in your life that make you feel the happiest?

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### Gratitude

What are you most grateful for?

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### Joy

Write down at least 10 things that bring you joy

by BELIEVE	

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# Inspiration

Who inspires you? And why?

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### Music

Write a list of songs that make you feel happy

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### Compliments

Give yourself at least 5 compliments

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3.			
4.			
5.			

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### Future Self

What advice would you give your future self?

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### Favourite Quote

What is your favourite quote?

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Advice

What is the best advice you have ever been given?

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# Ideal Day

What does your ideal day look like?

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What is something you need to let go of?

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# Your Strengths

Ask a friend or loved one to name 3 strengths that you have

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by BELIEVE

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### DAY 21

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### Your Day

Write down 5 positive things that happened in your day



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# Your Uniqueness is Your Superpower

What makes you unique?

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# Your Biggest Dream

What is your biggest dream or goal in life? And why?

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### Love Tank

What fills your love tank?

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### 10 Years

Where do you see yourself in 10 years time?

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### I Am

Write down at least 10 positive "I am" statements

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### Your Values

What do you value about yourself the most?

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### Self Care

What type of things do you like to do to take care of yourself?

Please note: You are the most important person in this world, never feel guilty for taking care of yourself

	BELIEVE	



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### Finish the Sentence

I am proud of myself because...

by BELIEVE
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### DAY 30

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### Self Love

Write about your 30-day self love journey. Do you feel more appreciation and love towards yourself?

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Notes

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

Please stay in touch



### www.strongerbybelieve.com

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INSTAGRAM: @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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