



# Self-Love Journal



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Meditate & Love

What are 3 things I value  
about my personality?

What are 3 things I love  
about my body?

What are 3 things I'm  
insecure about?

Let's flip it!  
Write "I love" followed by each  
insecurity you stated.

These are your new affirmations. Tell them to yourself every day  
and turn your insecurities into your best assets.



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Is my internal dialogue  
positive or negative?

How can I improve the way  
I internally talk about myself?

Do I have any destructive  
habits? Why?

What good habits can I replace  
my toxic habits with?

Be honest with yourself.  
Open your heart.



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How much do people's opinions about me affect me? Why?

If money didn't exist, what would make me "valuable"?

Am I completely myself around people? Why?

Do I always act respectfully towards myself? Why?

Our deep rooted beliefs can help us understand why we criticize ourselves so often. Reflect truthfully on these questions.



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Do my actions align with my morals? Why?

What was I like as a child?

How have I changed from my childhood self? Why?

What was my passion as a child? Did I stop following it?

We must know who we are in order to love ourselves.  
Can you remember who you are at your core?