

## Self Love Journal

\* Alistuitive



Do the people in your life understand you well? Is there something you wish they knew about you that you've kept hidden so far? Conversely, is there anyone who understands you better than you know yourself?



What do people like about you? Are these the same things you like about yourself?



Imagine a biography written about you. What would the title and tagline be? Which parts would be the most fun to read? What kind of people would appreciate reading it the most?




What, if anything, would scare you if other people found out about you?



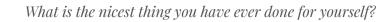
Try some free-association! Use one or more of the following words: rain, hope, deadline, silence. Write down whatever comes to mind.



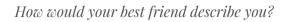
How do you feel about yourself intimately? Take some time with this one.














I understand the power of my self-talk and choose to select thoughts that are uplifting and positive.

My happiness overflows from me. I can use my happiness to bring joy to others.

I am becoming the person I want to be

I stand behind the things I do and say.

There is no one else quite like me

I am.