Heal * Thrive * Dream
A Mother Daughter Company

Self Love JOURNAL

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Self Love JOURNAL

THIS JOURNAL BELONGS TO:

_____

SELF LOVE CHECKLIST

One way to stay on track with your self-love is to use a daily checklist. This checklist will help you to nurture your self-love on a daily basis. Feel free to add any new ideas you might have. Plus, there may be additional things that you might want to do on a weekly basis, such as doing something that makes you like yourself more.

- ◯ List five things that fill me gratitude.
- ◯ List five things that I like about myself.
- ◯ Read on the topic of self-love or self-esteem for 15 minutes.
- ◯ Eat a healthy breakfast.
- ◯ Eat a healthy lunch.
- ◯ Eat a healthy dinner.
- ◯ Exercise for 20 minutes.
- ◯ Repeat affirmations at least twice.
- ◯ Send myself a quick self-love message.
- ◯ Make a request of someone.
- ◯ Declutter a room for 10 minutes.
- ◯ De-stress for at least 15 minutes.
- ◯ Spend time doing something I love.
- ◯ Write in journal for 10 minutes.
- ◯ Do something that needs to be done.

Use this checklist each day until you get into the habit of doing things that make you feel good about yourself throughout the day. Enjoy this journey and see your self-love grow!

SELF LOVE CHECKLIST

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MINDFULNESS JOURNAL

HOW I'M FEELING TODAY:

ONE GOAL FOR TODAY:

I'M PROUD OF MYSELF FOR:

WEEKLY REFLECTION

Things that made me happy this week

Things that were hard or stressful this week

How can my past experiences help me in the future

DAILY REFLECTION

Good things that happened today

Things that were hard or stressful today

What can I do to make tomorrow great

THE HAPPY LIST

WRITE DOWN ACTIVITIES THAT WILL MAKE YOU FEEL HAPPY

- [ ]
- [ ]
- [ ]
- [ ]
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- [ ]
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- [ ]
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THOUGHTS TRACKER

SITUATION	THOUGHT	NEW THOUGHT

GRATITUDE JOURNAL

TODAY I'M GRATEFUL FOR	PEOPLE I'M GRATEFUL FOR	ONE LESSON I LEARNED

LETTER OF FORGIVENESS

I FORGIVE MYSELF FOR NEXT TIME I WILL

SELF-ESTEEM JOURNAL

I love about myself

Others say I'm good at

What's unique about me

MOOD TRACKER

WEEK OF

I FEEL	M	T	W	T	F	S	SU
HAPPY							
SAD							
EXCITED							
ANGRY							
RELAXED							
TIRED							
ACTIVE							
AVERAGE							
INSECURE							
CONTENT							

SELF-CARE PLANNER

WRITE DOWN YOUR SELF-CARE ACTIONS

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

WATER LOG

	WEEK 1	WEEK 2	WEEK 3	WEEK 4
MON				
TUE				
WED				
THU				
FRI				
SAT				
SUN				

BRAIN DUMP

WRITE EVERY LITTLE THING THAT COMES TO YOUR MIND

PERSONAL

WORK/HOME

I'D LIKE TO LEARN

UN-DO LIST

WRITE DOWN THINGS YOU WANT TO STOP DOING

SELF-LOVE LIST

FAVORITE AFFIRMATIONS

COMPLIMENTS TO MYSELF

I'M PROUD OF

SLEEP TRACKER

JAN	FEB	MAR	APR	MAY	JUN	JUL	AUG	SEP	OCT	NOV	DEC
1	8	9	10	11	**12**	13	14	15	16	17	18
2	8	9	10	11	**12**	13	14	15	16	17	18
3	8	9	10	11	**12**	13	14	15	16	17	18
4	8	9	10	11	**12**	13	14	15	16	17	18
5	8	9	10	11	**12**	13	14	15	16	17	18
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29	8	9	10	11	**12**	13	14	15	16	17	18
30	8	9	10	11	**12**	13	14	15	16	17	18
31	8	9	10	11	**12**	13	14	15	16	17	18

TOTAL

SELF-CARE ROUTINE

Body and health

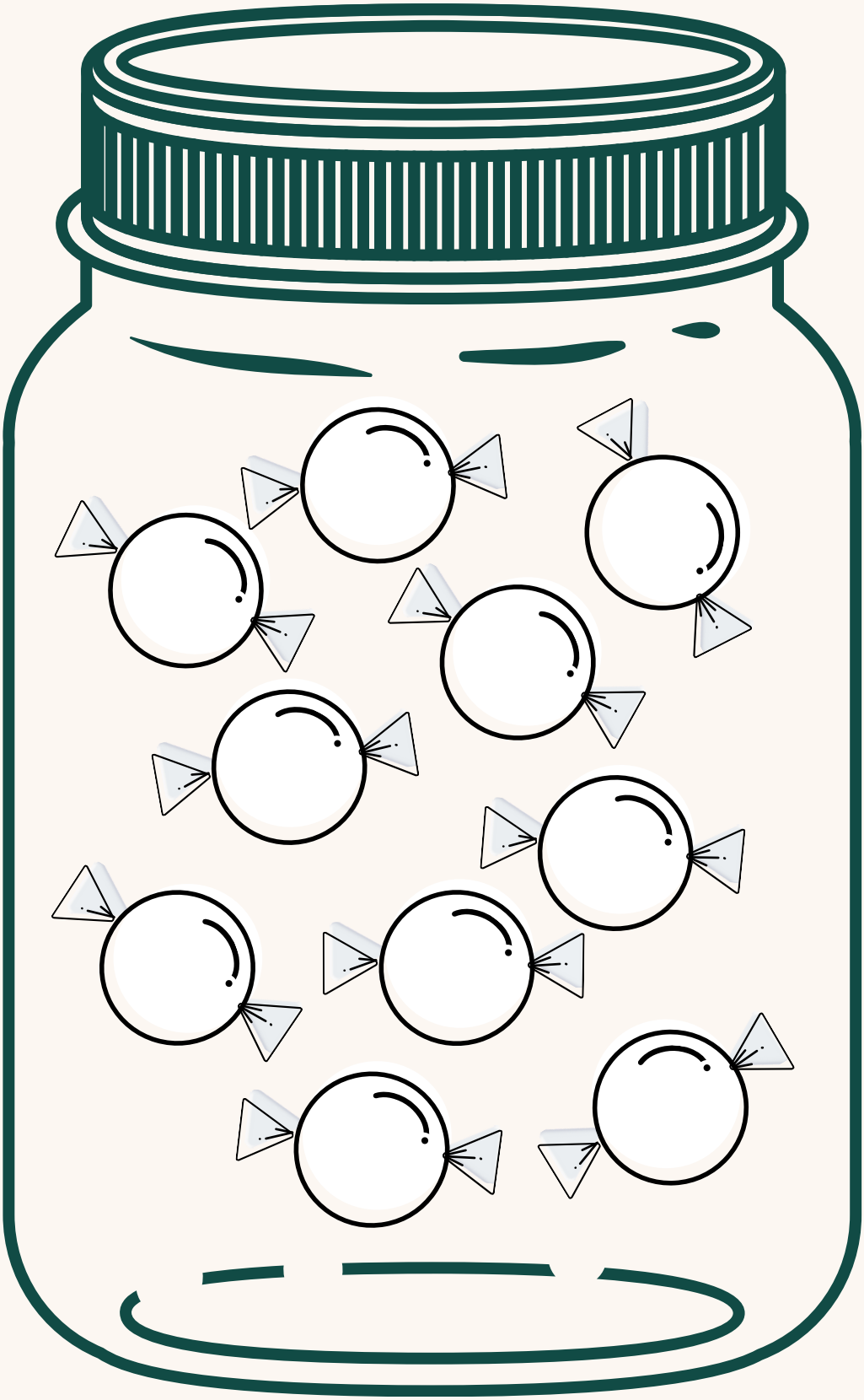
Relationship with other

Rest and relaxation

Soul and inner growth

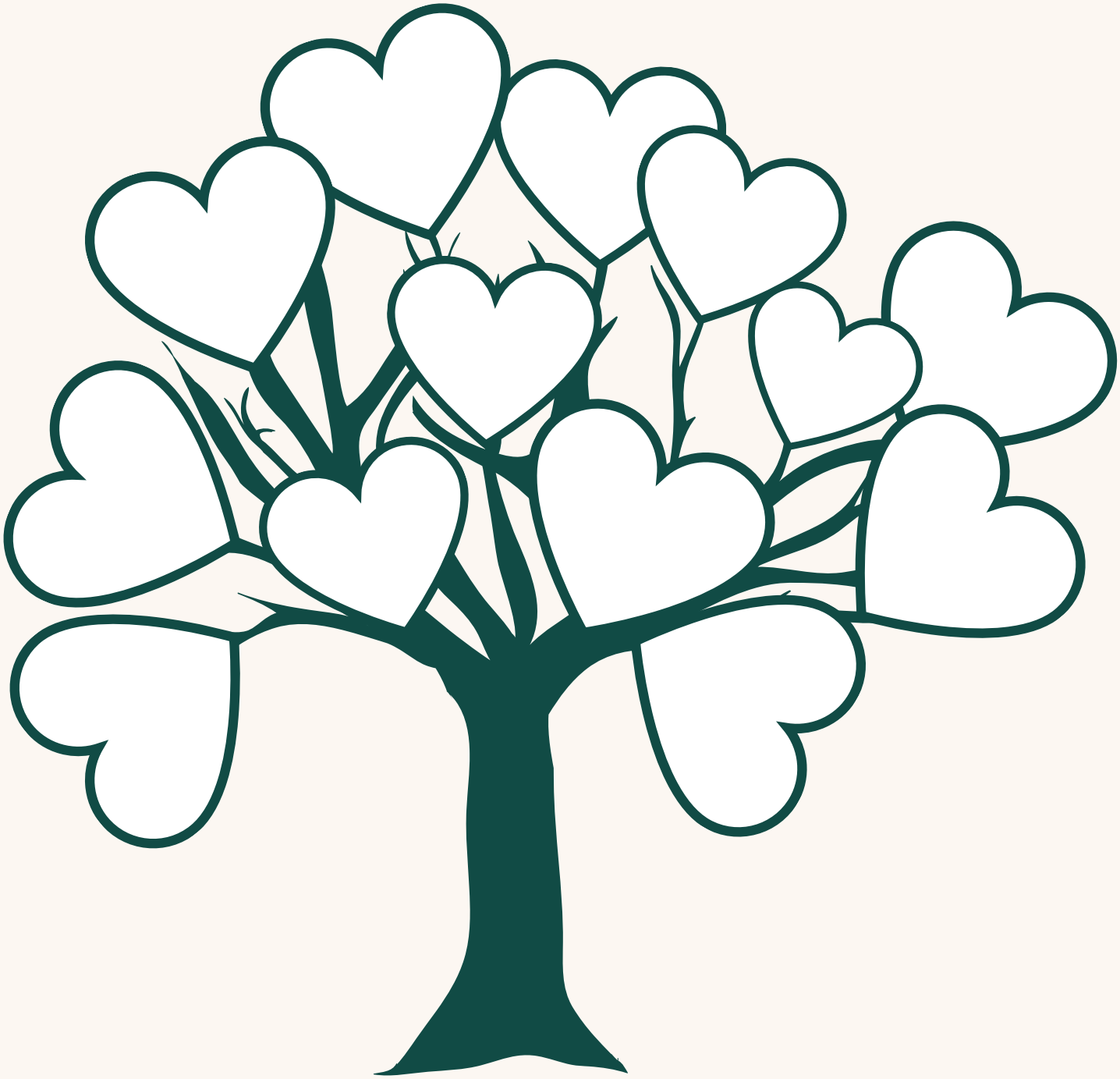
SELF-CARE JAR

WRITE DOWN YOUR SELF-CARE IDEAS AND COLOR IN EACH CANDY WHEN GOALS ARE REACHED



SELF-LOVE TREE

START GROWING YOUR SELF-LOVE TREE BY ADDING THINGS YOU LOVE ABOUT YOURSELF TO EACH HEART AND COLORING IT IN



COMPLETE SELF MAKEOVER

Enhancing your self-concept will enhance your ability to compete in the world and achieve success. You also gain the added benefit of feeling good about yourself and your life. A self-concept can either be limiting or uplifting.

1.What are the limiting beliefs I hold that were created through past experiences?

2. Are these limiting beliefs valid? Where did they come from? Is it possible I interpreted the situation incorrectly?

3. How is my current life limiting my beliefs about myself, my capabilities, and my ability to control my future and my environment?

COMPLETE SELF MAKEOVER

4. What changes do I need to make to my finances, health, and social life to support a more effective self-concept?

5. Who do I want to become? Who do I admire?

6. How would I rate my self-esteem? What are the biggest barriers to feeling better about myself and what can I do to overcome those barriers?

WHAT CAN I DO TODAY TO BEGIN LIVING MORE LIKE THE PERSON I WANT TO BE?

Write whatever pops into your mind when thinking about this question

NOTES

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Questions?

Please contact us via email: **healthrivedream@gmail.com or phone: +1 (804) 681-1000**. We're available to answer questions anytime.

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Heal*Thrive*Dream
A Mother Daughter Company

Hi! I'm **Karen Robinson** a service driven licensed therapist, specializing in trauma recovery. holistic care, and transformation for trauma survivors globally. Services include coaching, therapy, virtual courses, digital products, and on-line memberships.

www.healthrivedream.com

Karen Robinson

CEO @
Heal Thrive Dream

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WAYS TO SUPPORT US (AS WE SUPPORT YOU!)

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HUGS AND MORE HUGS

THANK YOU

MORE FROM US

Karen Robinson

Trauma Recovery Expert

Book A Call With Me!

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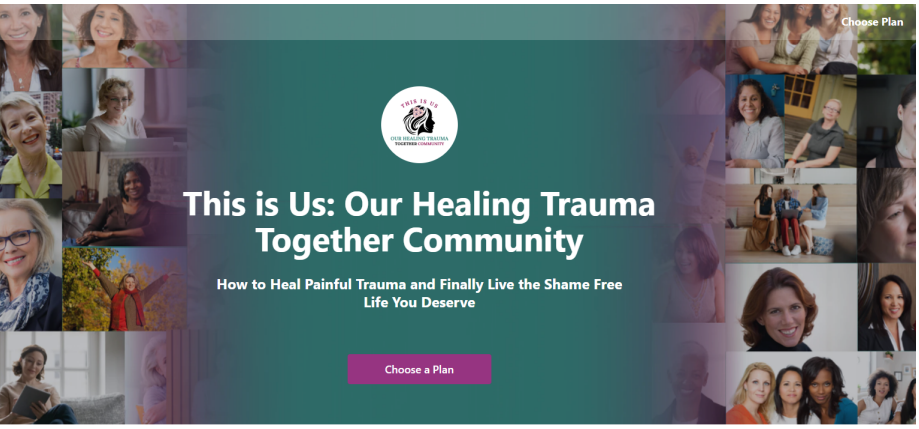

This is Us: Our Healing Trauma Together Community:

How to Heal Painful Trauma and Finally Live the Shame Free Life You Deserve

JOIN THE COMMUNITY | **BE AN AFFILIATE**

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