SELF LOVE Journal

HI, I'M JEANINE!

Thank you for taking this 30-day self-love journey with me. It's my hope that using this journal each day will help you appreciate yourself more, lead to powerful insights and to the commitment to love yourself as much as you can.

If you need more support, send me an email through the contact page on my website.

how do you want to make the world a better place?

SELF LOVE

how would loving yourself more help you make the world a better place?

what in your life tells you that you need to love yourself more?

what would change in your life if you loved yourself more?

is there something you need to let go of or heal in order to love yourself more?

if you loved yourself more today, what would you do differently?

when might you have stopped loving yourself?

what does not loving yourself enough protect you from?

whose love for you makes you feel better about yourself?

what else makes you feel better about or kinder toward yourself?

how often do you experience self-doubt?

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where does your self-doubt come from?

what makes you feel the most empowered?

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do you have a self-love or self-care routine doing what lights you up?

what you want a self-love or self-care routine to include?

where do you get your internal strength from?

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how can you draw on that strength to get you through difficult times in your life?

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what can you count on to always cheer you up?

how can you use what cheers you up to get through the hard days?

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what do you want others to know about you?

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what do you want your younger self to know?

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what do you wish you could tell your younger self?

how would your younger self be proud of you?

write a letter to your inner critic & argue with its voice

list the traits you like or love most about yourself...

how do you want to inspire others?

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what kind of presence do you want to be in the lives of others?

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where does your life inspiration come from?

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what would change if you decided to accept yourself no matter what?

what would change if you decided to love yourself no matter what?