

SELF LOVE MEDITATIONS *Journal*

PRINTABLE
WORKBOOK

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INTENTIONS

WHAT ARE YOU HOPING TO ACHIEVE
BY ENGAGING IN SELF LOVE MEDITATION?

FOCUS ON USING POSITIVE LANGUAGE ONLY IN THIS SPACE. Imagine a life in which you had everything you needed, emotionally and spiritually. What would your life look like? What would your days look like? What would you do? Who would you be? Write all the positive buzz words below.



DAY ONE

LOVING AWARENESS OF WHAT YOU LIKE ABOUT YOU.

I N T E N T I O N

- Consider your emotions in relation to this topic.
- Where do you feel this in the body?

POST MEDITATION- WHAT DO YOU LIKE ABOUT YOURSELF?

WHAT ARE YOU GRATEFUL FOR?

3 KIND WORDS FOR YOU

DAY TWO

THE TREE OF KNOWLEDGE DISCOVERY JOURNEY

QUESTION #1: What do you remember about your Tree? Messages? And Books?

QUESTION #2: List 1-2 actions you are going to take to implement what you've learned.





DAY THREE

REFLECTING ON A POSITIVE FUTURE

QUESTION #1: What I've learnt from this meditation is....

QUESTION #2: What surprised me is...

QUESTION #3: What I feel committed to is...



DAY FIVE

FOCUS ON HEALTHY FOOD CHOICES

QUESTION #1: What I've learnt from this meditation is....

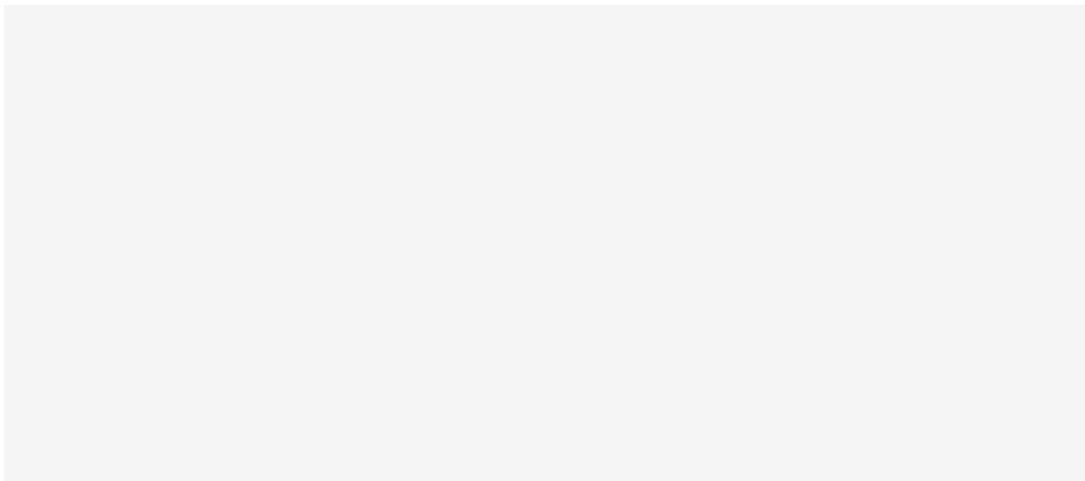
QUESTION #2: What surprised me is...

QUESTION #3: What I feel committed to is...

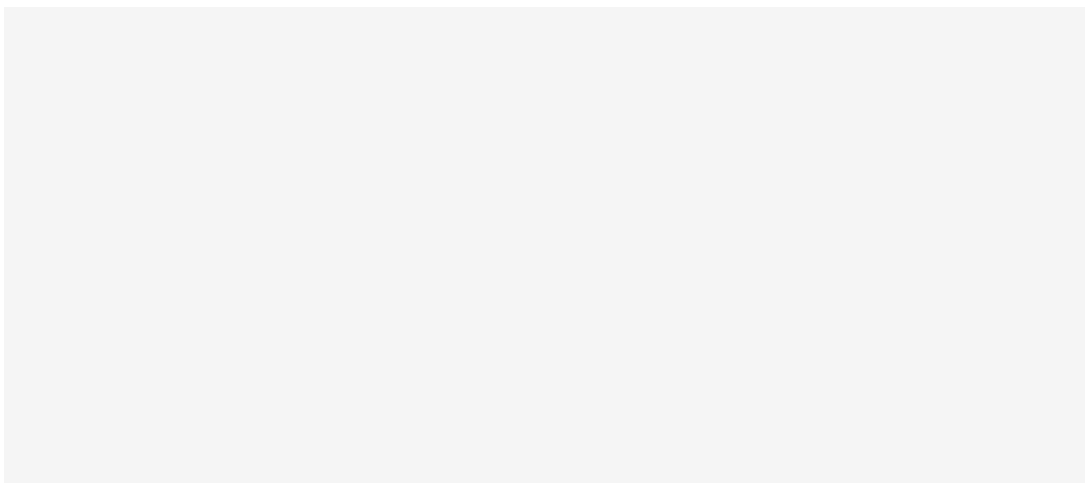
DAY SIX

MOTIVATION WHEN YOU ARE UNMOTIVATED

QUESTION #1: What intention would you like to hold for yourself?



JOURNAL PROMPT #2: Things I can let go of are:



DAY SEVEN

RESTORING CONFIDENCE WHEN NEGATIVELY IMPACTED

INTENTION

- Consider your emotions in relation to this topic.
- Where do you feel this in the body?

POST MEDITATION- WHAT IS SAFE IN THE PRESENT MOMENT?

5 THINGS YOU CAN SEE

4 THINGS YOU CAN FEEL

3 THINGS YOU CAN HEAR

2 THINGS YOU CAN SMELL

1 THING YOU CAN TASTE

WHAT ARE YOU GRATEFUL FOR?

3 KIND WORDS FOR YOU NOW

LOVING REFLECTIONS

CONGRATULATIONS ON COMPLETING 7 DAYS OF SELF LOVE!!

HOW DO YOU FEEL? Take some time to write down thanks to yourself and discuss exactly how your life has changed for the better since you began this journey...

