

SELF KINDNESS AND SELF LOVE

Journal

THE WAY YOU TALK TO YOURSELF

Matters!

I would often call myself dumb, lazy, stupid, and other negative terms when I felt I wasn't working hard enough or did the wrong thing. To make it worse, I would go to work when I was very sick because I thought I was lazy if I wasn't fighting for success. Don't be me my sweet friend.

If you don't already, it is important to rewire your mind be kind and to think positively about yourself.

This self love journal with affirmations will help you to increase the amount of attention, love, care, and consideration you give to yourself.

You deserve kindness.

Love,
Christina J. Daniels



LIKE YOURSELF. LOVE YOURSELF.

Embrace Yourself!

LIST TEN THINGS YOU LIKE ABOUT YOURSELF.

1.

2.

3.

4.

5.

6.

7.

8.

9.

10.



SELF LOVE IS NOT *Selfish!*

1. How important is self love to you? What do you do to be kind and loving to yourself?

2. Do you rest when you're tired? Why or Why not?

3. Do you judge yourself? Why or Why not?

4. Do you feel guilty when you take time or spend money on yourself? Why or Why not?



SELF LOVE MEANS **PROTECTING**

your energy!

Inviting people into our lives that suck all our peace can damage our confidence and bring chaos into our lives. So to love yourself you must learn to say no, not yet, and I need space.

1. Do you often say yes before considering if your tired or have things to do?

2. Do you save some of your energy for yourself?

3. Do you treat others better than yourself?



GOLDEN NUGGETS OF

Advice



DO YOU NEED TO *slow down?*

I love this quote: "Taking time to do nothing often brings everything into perspective." Doe Zantamata

DO YOU FEEL THAT YOUR TIME AND DAYS JUST SLIP AWAY TOO QUICKLY? WHY OR WHY NOT?

Are you struggling to feel relaxed and at peace? Are you still stuck in the same patterns from 2020? Is anything changing in your life for the better? Have you tackled your goals and worked towards your dreams?

Do any of those questions resonate with you? Then, It's time to slow down, pause, and reevaluate.



DO YOU NEED TO SLOW DOWN?

“Slowing down does not indicate that you are giving up. It simply means that your soul is seeking some well earned recharge.” — Christine Szymanski

Life and situations have a way of pulling us in directions and into situations we didn't plan for. We end up doing things and being places that we didn't intend to. It's time for you to take control of your time and how you use it!

HOW CAN YOU ARRANGE YOUR SCHEDULE
DIFFERENTLY TO REFRAIN FROM RUSHING AND OVER
WORKING?



PRINTABLE

Affirmations

On the next page, you print the affirmations and cut them out. Then, you can use them daily to remind yourself of your worth. Don't forget to place them somewhere that will be easily accessible (your purse, mirror, car, etc.)



I AM **WORTHY** OF
HAVING PEOPLE
THAT APOLOGIZE
IN MY LIFE.

I WILL NOT
EXHAUST MYSELF
FOR OTHERS AND
LEAVE NO ENERGY
FOR MYSELF!

I AM ALLOWED
TO MAKE
MISTAKES. I AM
STILL A **WINNER**.

I AM A VALUABLE
PART OF MY
CIRCLE OF
FRIENDS. I AM
IRREPLACEABLE.

I AM **WORTHY** OF
RESPECT,
KINDNESS, AND
PATIENCE.

PEOPLE **THINK**
ABOUT ME WHEN
I'M NOT THERE. I
BRING A SMILE TO
PEOPLE'S FACES.

USEFUL RESOURCES

Resources

1. 50 AFFIRMATION CARDS
2. FREE EMPOWERMENT COACHING
3. THE HEART DETOX: FREE E-BOOK
4. EMOTIONAL WELLNESS QUIZZES
5. SELF-LOVE ADVICE
6. RELATIONSHIP ADVICE
7. FAITH ADVICE

Adorned Heart is a registered non-profit and your support helps to put emotional wellness material in the hands of thousands of healing hearts for free.