

Weekly Self Love Journal

“SHE REMEMBERED WHO SHE WAS AND THE GAME CHANGED.” –LALAH DELIAH

TODAY I LOVE MYSELF BECAUSE..

MONDAY _____

TUESDAY _____

WEDNESDAY _____

THURSDAY _____

FRIDAY _____

Today during my 15-30 minute “me” time I... _____

Mon _____ Tues _____

Wed _____ Thurs _____

Fri _____ Sat _____

THIS WEEK MY SHORT TERM GOAL IS...

MY AFFIRMATION OF THE WEEK IS:

MY ACTION STEPS TO ACHIEVE THIS GOAL ARE:

1
ACTION STEP

2
ACTION STEP

3
ACTION STEP

Today I forgive myself that...

Mon

Tues

Wed

THURS

Fri

Ways I stepped outside my comfort zone this week:

Ways I connected with others this week:

The Smart Lioness