



MY JOURNEY TO  
SELF-LOVE  
JOURNAL

## Welcome to Wellness Tools 4 Women!

This journal is a tool that you can use to take yourself on a journey of self-love, self-appreciation and self-admiration. As women we tend to put ourselves last, and continue to care for others, even when we feel empty. You can't serve from an empty vessel, and if you want to be your best for others, you have to learn to love yourself first. Our Self-Love Journal is the perfect tool for you to use every day, every week or just whenever you feel the need to love yourself more. The more often you use it, the easier it will become to love all of you completely and without judgement.

### Tip:

Develop a daily self-love habit. Find about 15-20 minutes a day to sit quietly in a place where you will not be disturbed. Open your journal and answer one of the prompts. You can go in order, or you can just randomly select a question that resonates with you. Spend time writing and reflecting on the question. When you are finished, take a few deep breaths and set an intention to love yourself more day by day.

*"Self-love is not only about loving yourself. It involves placing value on yourself and feeling you are worthy of good things."*

Journey to Self Love Journal

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THIS BOOK BELONGS TO

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I am gifting this book to *myself* because

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A decorative background featuring a large white heart at the top center. Inside the heart, two hands are shown in a gesture of giving or receiving. To the right of the heart are two small white diamond shapes. Below the heart, a decorative flourish with a spiral end extends to the right. On the left side, there is a small branch with several leaves and a few small circles. The text is centered and reads: 

be  
KIND  
TO YOURSELF

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I am *lovable* because

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My best *feature* is

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I am *good* at

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