



# Self-Love Journal Worksheet

Your Daily Check-In to Build a Stronger Relationship with Yourself



## Section 1: Morning Affirmation

Write this in the mirror, say it out loud, or carry it with you all day.

✨ Today, I choose to love myself by...

- |   |  |
|---|--|
| <input type="checkbox"/> Speaking kindly to myself                      | <input type="checkbox"/> Protecting my peace         |
| <input type="checkbox"/> Celebrating my small wins                      | <input type="checkbox"/> Forgiving myself with grace |
| <input type="checkbox"/> Listening to my needs    Write your own: _____ |  |



## Section 2: Self-Love Check-In

How am I showing up for myself today?

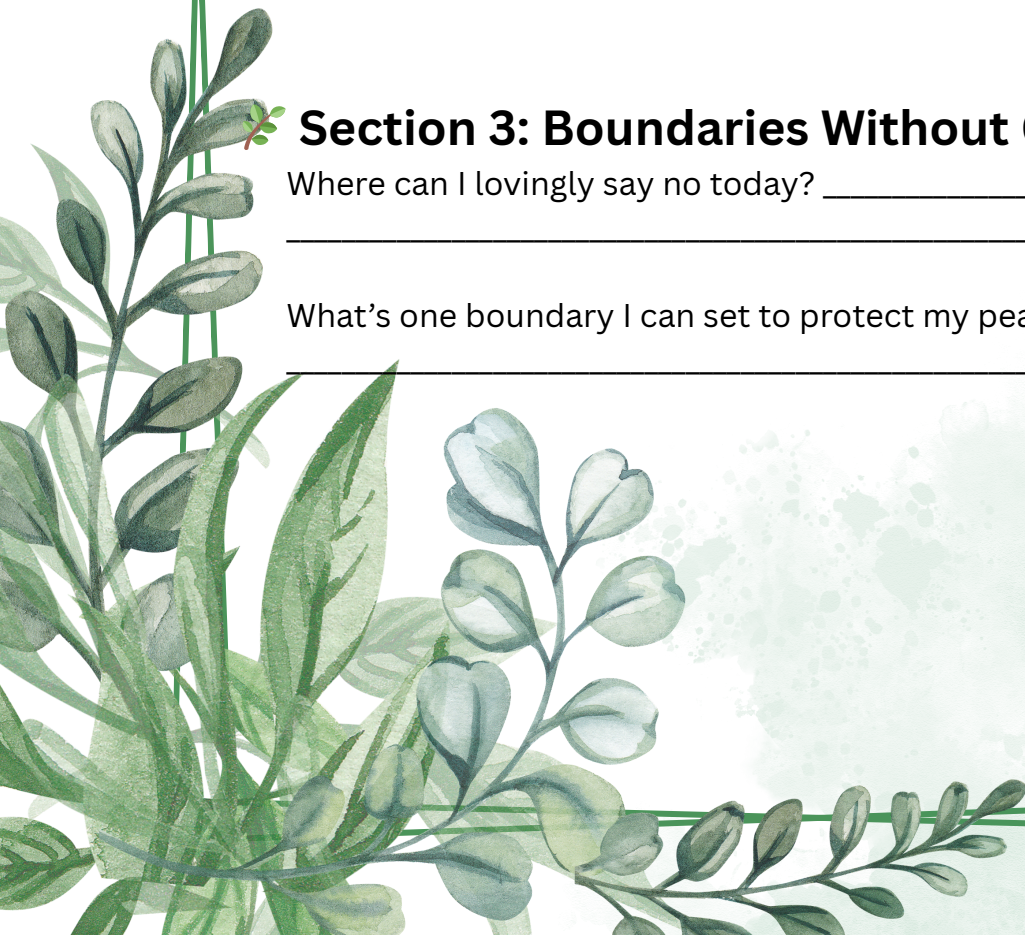
- How am I feeling right now? \_\_\_\_\_  
\_\_\_\_\_
- What do I need today (emotionally, physically, mentally)? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_
- One thing I'm proud of myself for: \_\_\_\_\_  
\_\_\_\_\_



## Section 3: Boundaries Without Guilt

Where can I lovingly say no today? \_\_\_\_\_  
\_\_\_\_\_

What's one boundary I can set to protect my peace? \_\_\_\_\_  
\_\_\_\_\_







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## Section 4: Small Wins Worth Celebrating

List 1-3 things you did today (big or small) that you're proud of:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

**I will pause and celebrate these moments because I matter.**



## Section 5: Mirror Talk

Write a kind, loving message to yourself as if you're talking to your best friend:



\_\_\_\_\_  
\_\_\_\_\_



## Section 6: Evening Reflection

✨ What did I learn about myself today? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

✨ How did I practice self-love today? \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

✨ One thing I'm grateful to myself for: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

### Daily Reminder:

💖 You are worthy of love, rest, joy, and kindness. Love & be kind to yourself. 💖

