



MY LOVES

In my flaws and strengths alike,
I am inherently worthy of love.



LOVE LIST

MY LIST OF LOVES

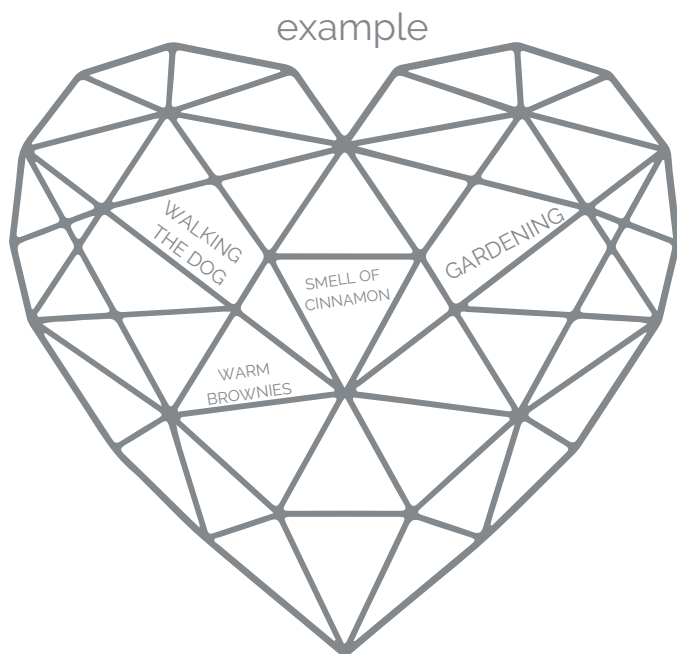


Love is the most powerful force in the universe. It has the ability to heal wounds, bridge gaps, and illuminate even the darkest corners of our lives. In its purest form, love transcends boundaries, nurtures souls, and transforms the ordinary into the extraordinary.

Embrace the power of love, for it has the capacity to change the world one heart at a time.

By taking a moment each day to reflect on the things that feed me, big or small, I cultivate the power of love that can transform my perspective and enhance my overall well-being. I can use the power of love to empower my life.

Self-love gives the world the best of you, instead of what's left of you.



Print the journaling pages and begin a simple habit of starting the day with intention. Record your REAL feelings. All of your feelings are okay and valid. You may wish to spread kindness to yourself and hold gratitude for yourself. Allow yourself to fill your bucket in an authentic way.

Use the next couple of pages to make a collection of the things you love. Allow yourself to write anything, big or small, that fills you up and feeds you.

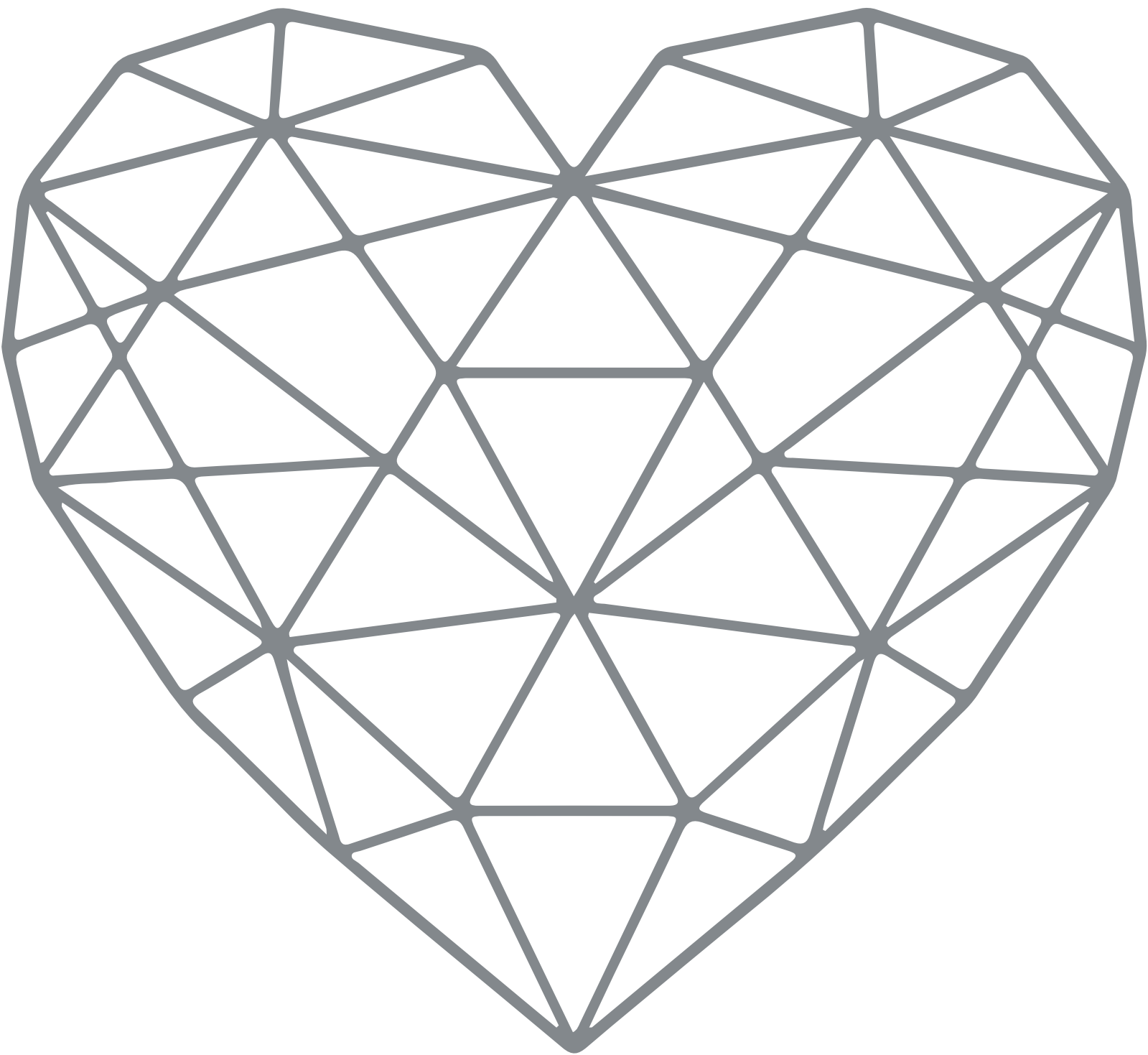


ALL THE GOOD FEELS

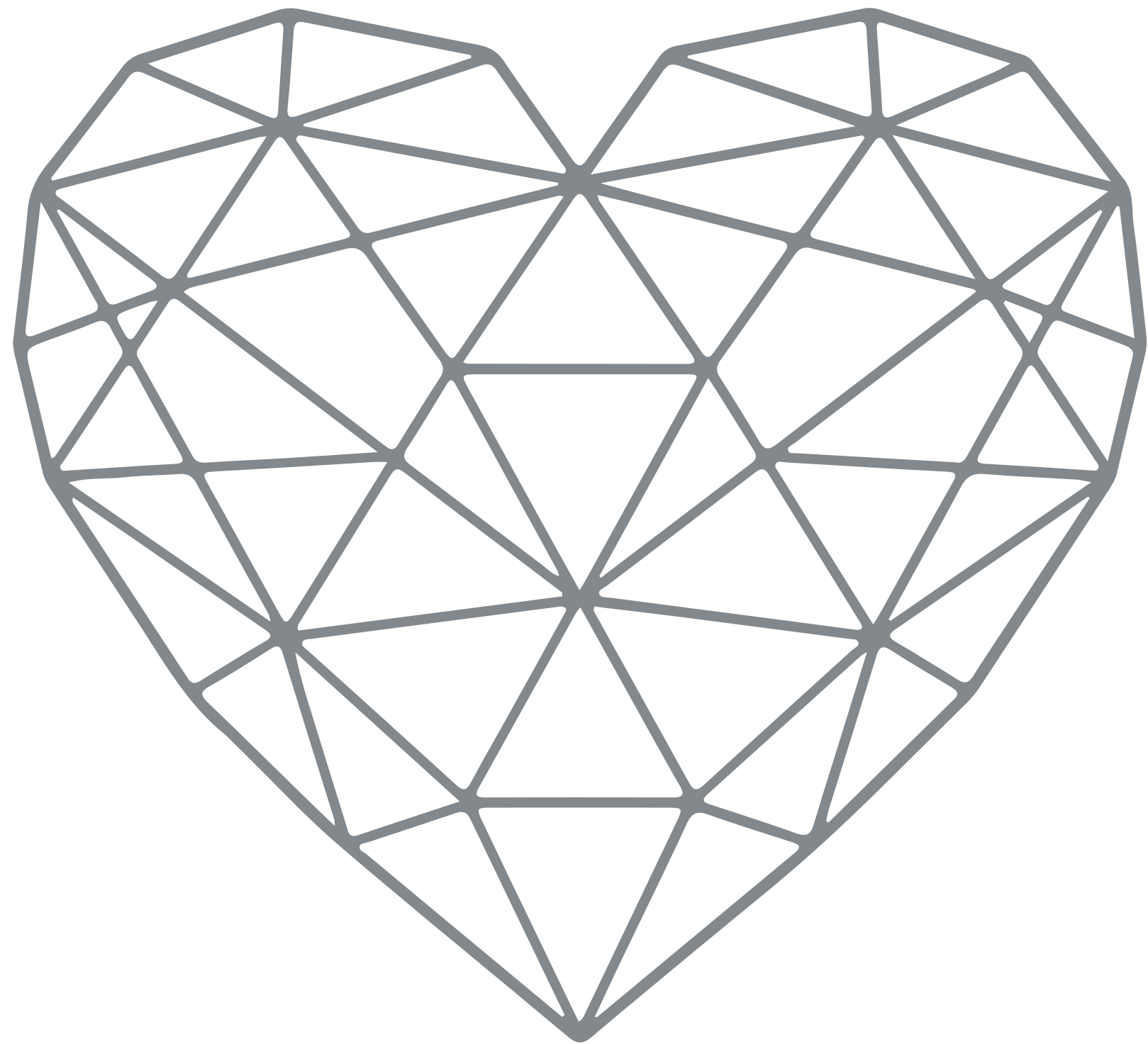
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THINGS THAT ARE FREE



THINGS I INVEST IN



Date: _____

"Happiness is a habit."



Today I feel...

Today I spread kindness by...

3 things I'm grateful for today are...

3 tasks I've done

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3 tasks to do

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