

MY LOVE

**I KNEW LOVE WAS COMING
I COULD FEEL IT IN MY SOUL
FEELS SO GOOD TO BE IN LOVE**

**MY LOVE, MY LOVE, MY LOVE, MY LOVE
LET ME TELL YA ALL ABOUT MY LOVE**

**FEELING LOVED AND CARED FOR
NOTHING LIKE I'VE FELT BEFORE
USED MY HEART AS MY GUIDE
THIS LOVE WON'T EVER BE DENIED**

**MUTUAL TRUST AND RESPECT
ANYTHING LESS I REJECT
IN THE PAST I COULDN'T SEE
BUT NOW I KNOW WHAT'S BEST FOR ME**

[CHORUS]

**MY LOVE, MY LOVE, MY LOVE, MY LOVE
LET ME TELL YOU ALL ABOUT MY LOVE
MY LOVE, MY LOVE, OH YES MY LOVE
I RELEASED ALL MY FEAR
FEELS SO GOOD TO HAVE LOVE HERE**

**I KNOW WHAT IT TAKES
LEARNED FROM MY MISTAKES
RELEASED MY PAST
THIS RELATIONSHIP'S GONNA LAST**

[REPEAT CHORUS]

**MY LOVE, MY LOVE, MY LOVE, MY LOVE
I RELEASED ALL MY FEAR
THAT IS HOW MY LOVE IS HERE**

**MY LOVE, MY LOVE, OH YES MY LOVE
I RELEASED ALL MY FEAR
THAT IS HOW MY LOVE IS HERE**



MINDFUL MOMENTS

MY JOURNAL



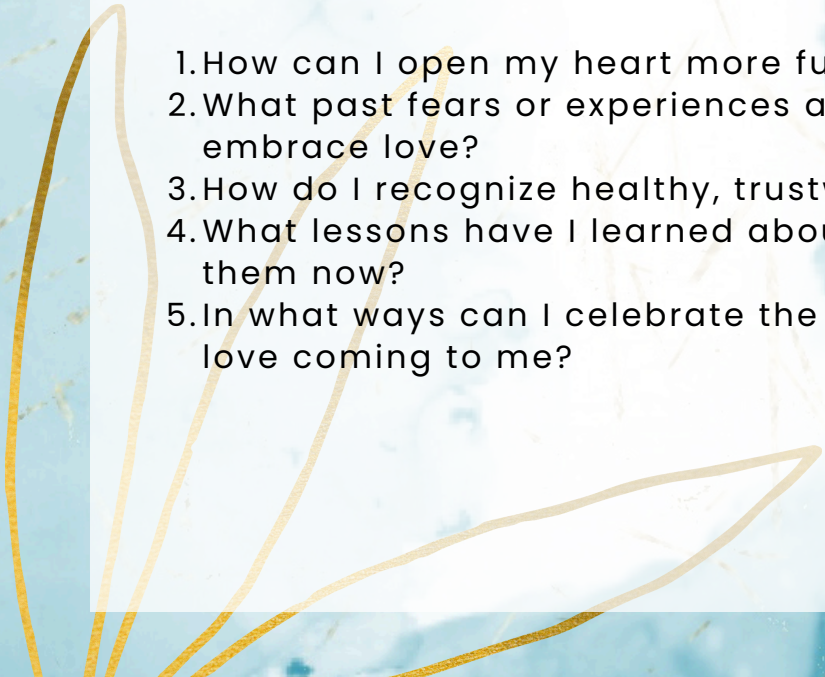
Why Journaling Helps You Heal & Shift Your Mindset


Journaling is a powerful way to process, release, and realign your thoughts. Writing things down by hand makes the experience deeper than typing—it slows you down, engages your brain differently, and helps you truly connect with what you feel.

- Releases emotions – Gets thoughts and feelings out of your head and onto paper.
- Brings clarity – Helps you see situations and patterns more clearly.
- Tracks growth – Looking back shows progress you may not notice day-to-day.
- Strengthens intention – Writing creates a stronger mind-body connection than keeping everything in your head.
- Encourages healing – Shifts negative cycles into empowering insights.

Remember, there's no "right" way to journal. Use the prompts often, repeat them as you grow, and let your pages reflect your journey.

Journal Prompts for My Love

1. How can I open my heart more fully to love in my life today?
 2. What past fears or experiences am I ready to release to embrace love?
 3. How do I recognize healthy, trustworthy, and respectful love?
 4. What lessons have I learned about love, and how can I apply them now?
 5. In what ways can I celebrate the love I already have and the love coming to me?
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I am open to
receiving love
fully and
joyfully.

I trust my
heart as my
guide in all
relationships.

I release fear
and past hurt
to make room
for love.

I attract
relationships
built on
mutual trust
and respect.

I celebrate
the love I
have and the
love that is
coming.

Love
surrounds me,
uplifts me,
and nourishes
my soul.

I learn from
my past and
create
healthy,
loving
connections.

I celebrate my
inner beauty
and the light I
share with the
world.