

M A R I E L O U I S E D E V I T T



Self
LOVE
Club

The title 'Self Love Club' is written in a colorful, hand-drawn style. 'Self' is in orange, 'LOVE' is in pink, and 'Club' is in blue. A pink heart is positioned above the 'e' in 'Self'. The text is surrounded by a cluster of small dots in pink and blue.

YOUR DAILY

Self-Love

JOURNAL

Welcome & thank you for purchasing "Your Self-Love Journal".

I encourage you to use this journal to spend more time with yourself and your thoughts. Take time to reflect on how much time and pace you give to your self-care and self-love. Then ask yourself what more could you be doing to show more care and love for yourself. Consider some of the journaling prompts throughout this journal as a place to start. Take note of the affirmations and choose 2/3 to say to yourself every day.

Take some time to answer those questions you may ask yourself as you go through your day. Always journal your thoughts from a place of self-compassion, self-affirmation and curiosity.

I hope you get lots out of this journaling experience.

Love & Light

ML xx

Welcome to Your Daily Reflections Journal.

This is your journal to put
down your thoughts. Use it
to reflect on your day or
week, or to clear your head.
Clear your thoughts out of
your head and onto paper.
Feed your soul through
journaling!

What are you learning about
yourself?

Use this priceless
opportunity
to look inwards,
reflect and
explore your inner soul

Journal your thoughts
to your hearts
content

What aspects of yourself
would you like to improve?

What behaviours would you
like to address?

What do you want to be
different in your life?

Journal your thoughts
as a process of
reflection and holding
yourself accountable.

Through this journal are
some journaling prompts to
foster strong self-
acceptance and self-love:

I also want to say to you that
journaling is a personal
practice, so feel free to
modify these prompts to suit
your needs and preferences.

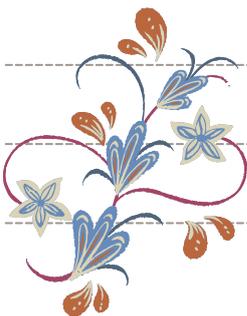
Happy journaling!

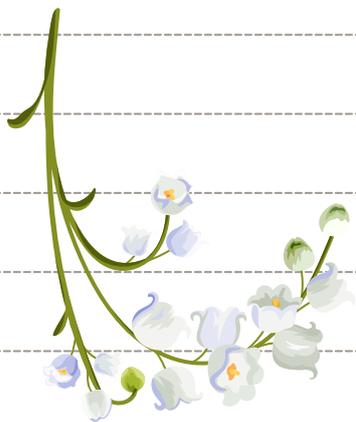
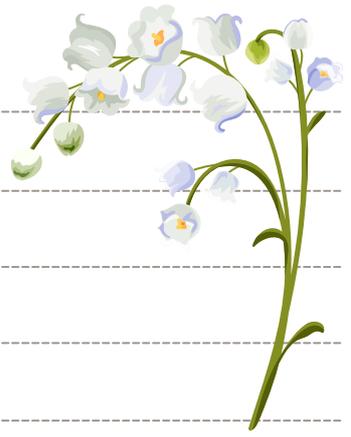
I love you
to the
Moon and
Back!

Write down three qualities or traits that you appreciate about yourself. Reflect on why these qualities are important to you and how they contribute to your overall well-being.



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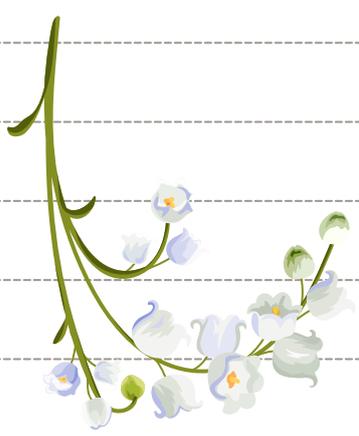
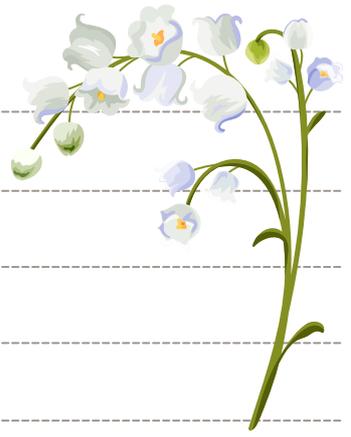




I love
myself
daily !

Reflect:

Take time for
self-reflection
its a gift you
give to your Soul







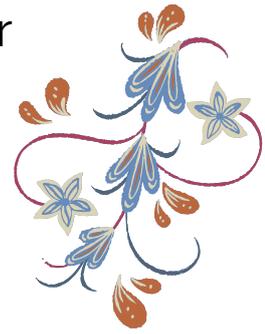
Happiness, joy, energy, warmth and confidence



Reflect:

What vision do you
hold
for yourself and
how do you manifest
that in your daily
actions?

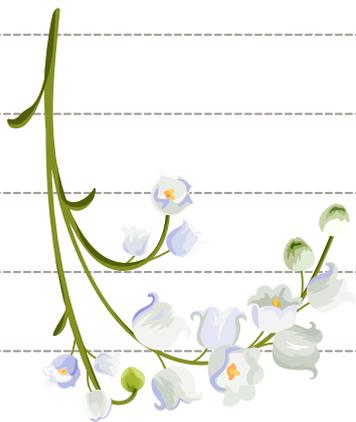
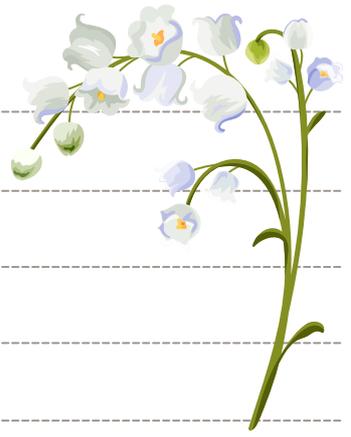
Describe a time when you were kind or compassionate towards yourself. How did practicing self-compassion impact your wellbeing and mindset? How can you continue to cultivate self-compassion in your life?



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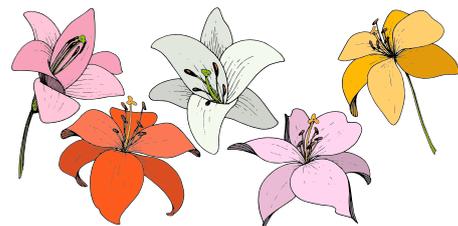
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Happiness, joy, energy, warmth and confidence



Reflect:

Give yourself time
and space to
acknowledge all that
you have achieved
in your life so far.

Reflect on any limiting beliefs or negative self-talk that you may have. Challenge these beliefs by writing down evidence that contradicts them. How can you reframe these thoughts into more self-affirming and empowering statements?



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*Embrace your soul transformation with
love and hope in your heart*





Connect daily to your beautiful soul



Reflect:

Are there
any old stories
you tell
yourself that
are getting in
the way of
you living your
dream life?

Write a letter to your younger self, offering guidance, encouragement, and love. What advice would you give yourself? How have your experiences shaped your growth and self-acceptance?



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Let your life flow.
Embrace its natural ebb and flow

Remember:

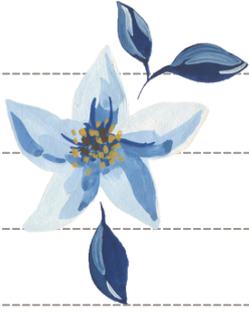
Reflection time
and Journaling
are self-supporting
activities that allow
you
to decompress and
clear your mind.

Identify one self-care activity that brings you joy or peace. How can you prioritize this activity in your daily or weekly routine? Consider the benefits of incorporating self-care into your life and how it contributes to your overall well-being.

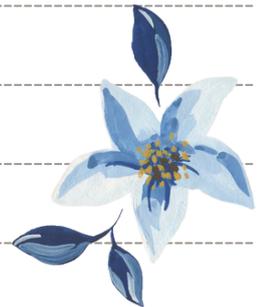


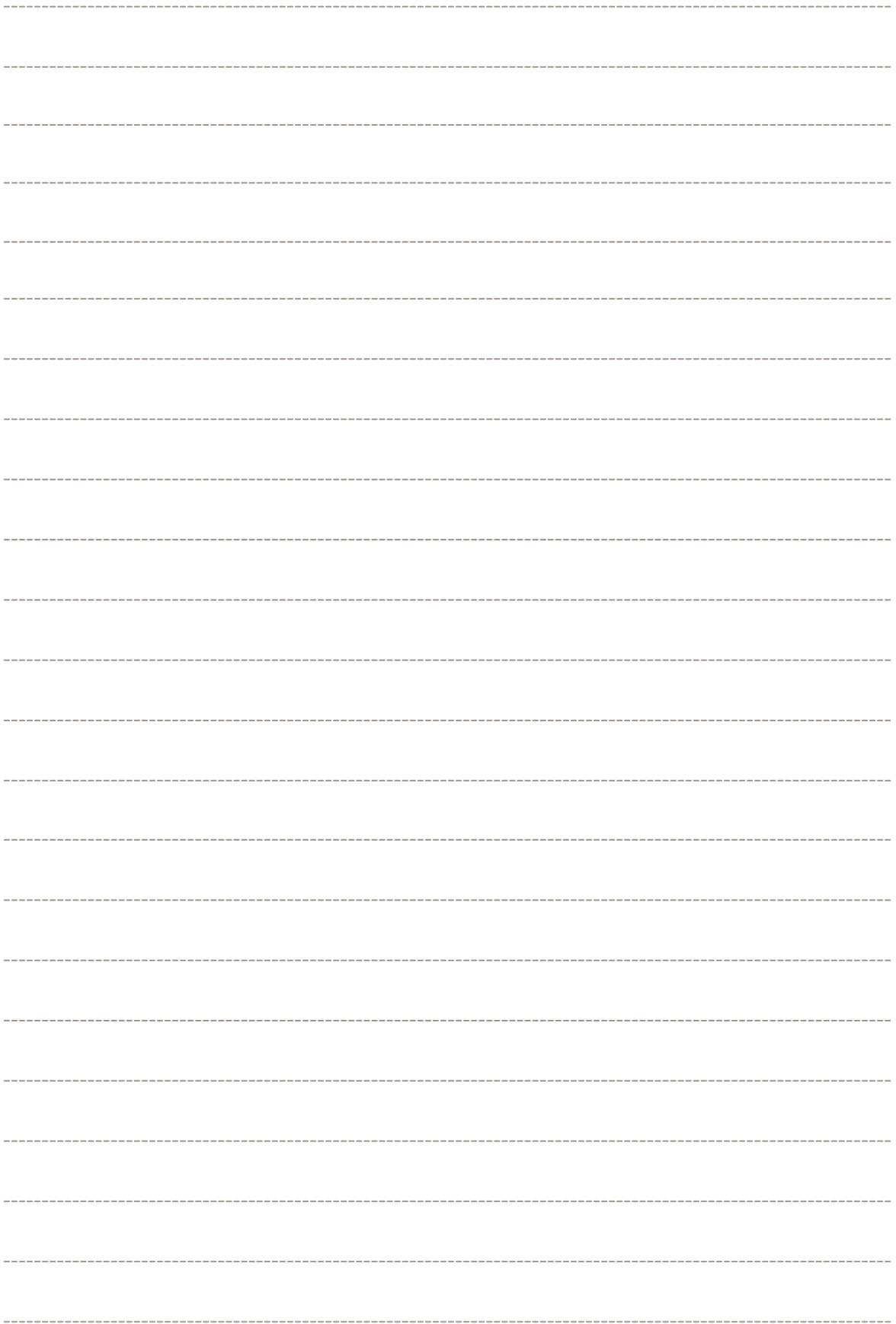
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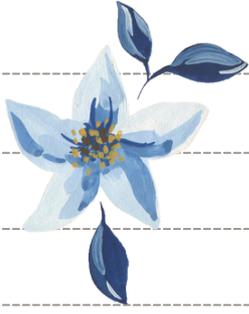




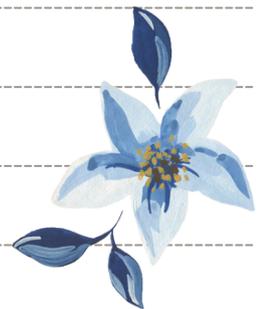
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A series of horizontal dashed lines spanning the width of the page, providing a guide for handwriting practice.





Live life from a place of love and joy.

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Remember:

You are a
Work in Progress
When you know
more
you can do more.

Explore, get curious
embrace the
experience
of your Life.

Explore the concept of forgiveness towards yourself. Are there any past mistakes or regrets that you are holding onto? Reflect on the lessons learned from these experiences and practice forgiving yourself for any perceived shortcomings.



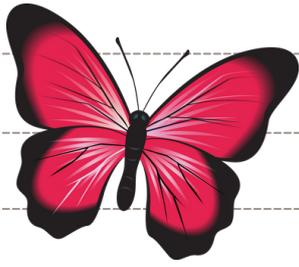
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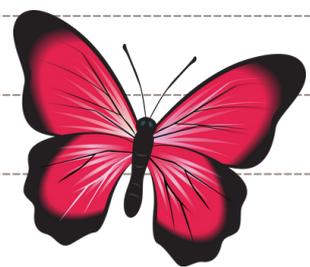


*Embrace your soul transformation with
love and hope in your heart*

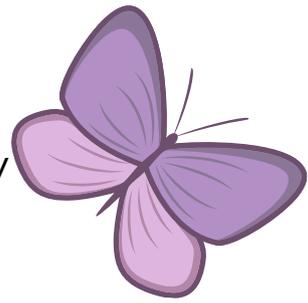




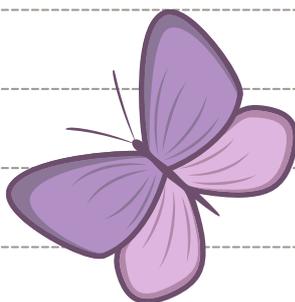
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Describe a time when you felt truly proud of yourself. What accomplishments or achievements brought you this sense of pride? How can you celebrate and acknowledge your accomplishments more often?



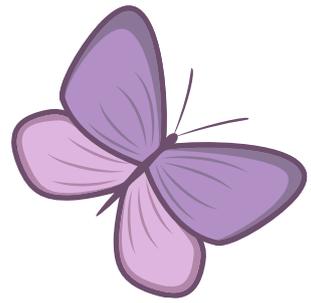
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*Embrace the gift of life and all
new opportunities that come your way*





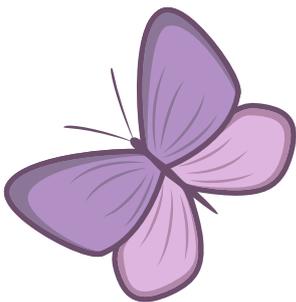
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Let your life flow.
Embrace its natural ebb and flow



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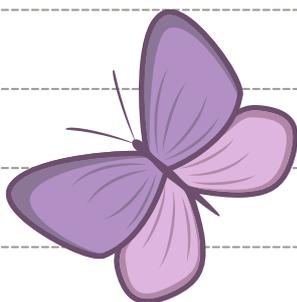
Clear your Mind

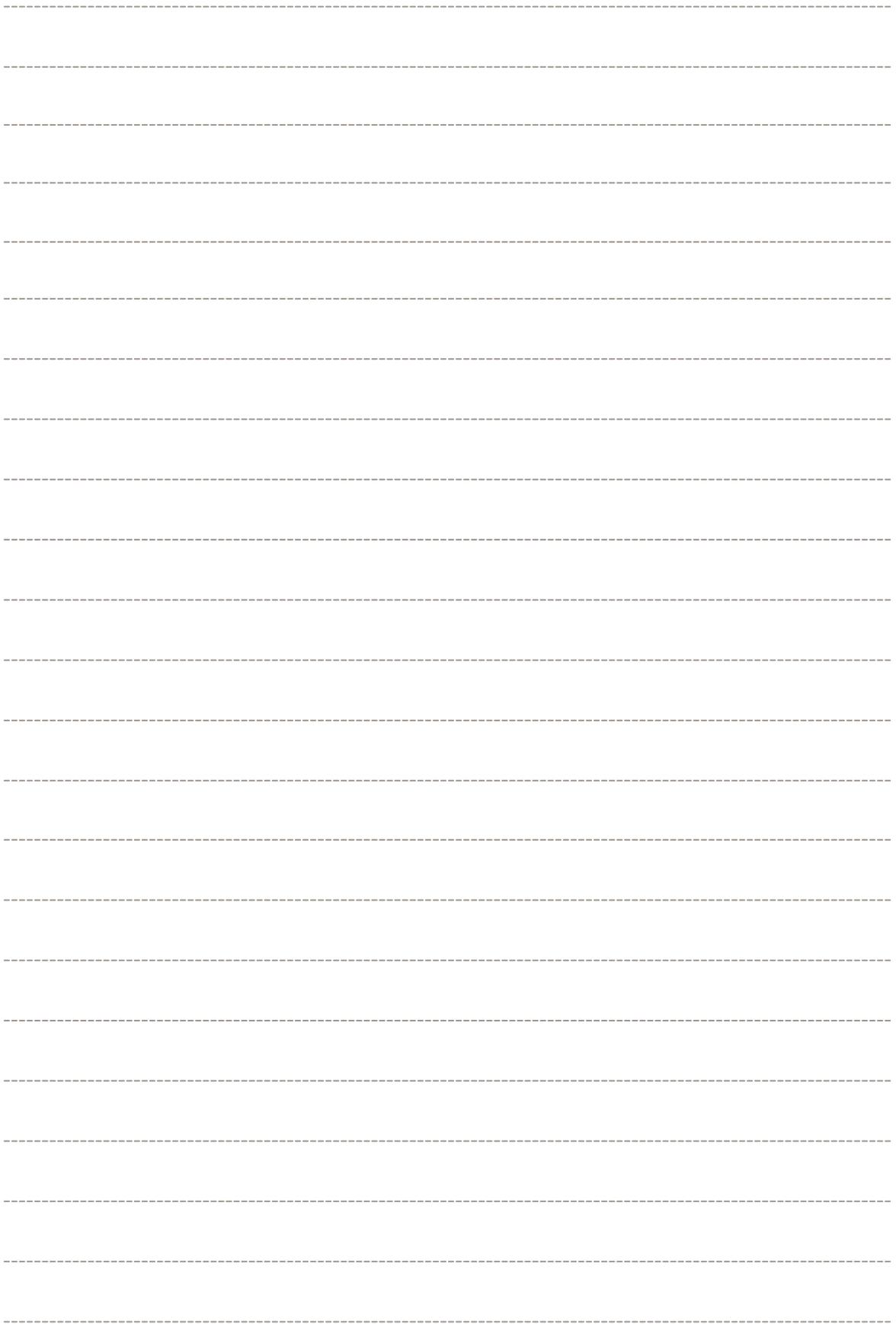
Journal regularly
and clear your
mind of the mental
clutter that gets
in the way of
clear thinking

Reflect on your personal values and how they align with your actions and choices. Are there any areas where you feel a disconnect? How can you live more authentically and in alignment with your true self?

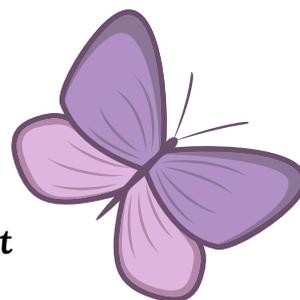


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***Dream the life you desire and then act it
into existence***



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Imagine your ideal version of self-acceptance and self-love. What does it look like? What steps can you take today to move closer to embodying this ideal version of yourself?



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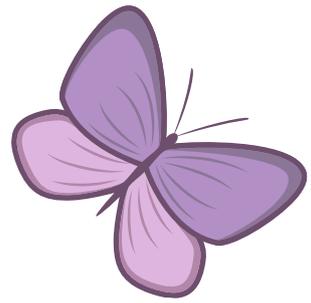




*Embrace the gift of life and all
new opportunities that come your way*



Do what you love!



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Soul

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Soul



What transformation would you like to see in your life?





Embrace all that renews
and reinvigorates you

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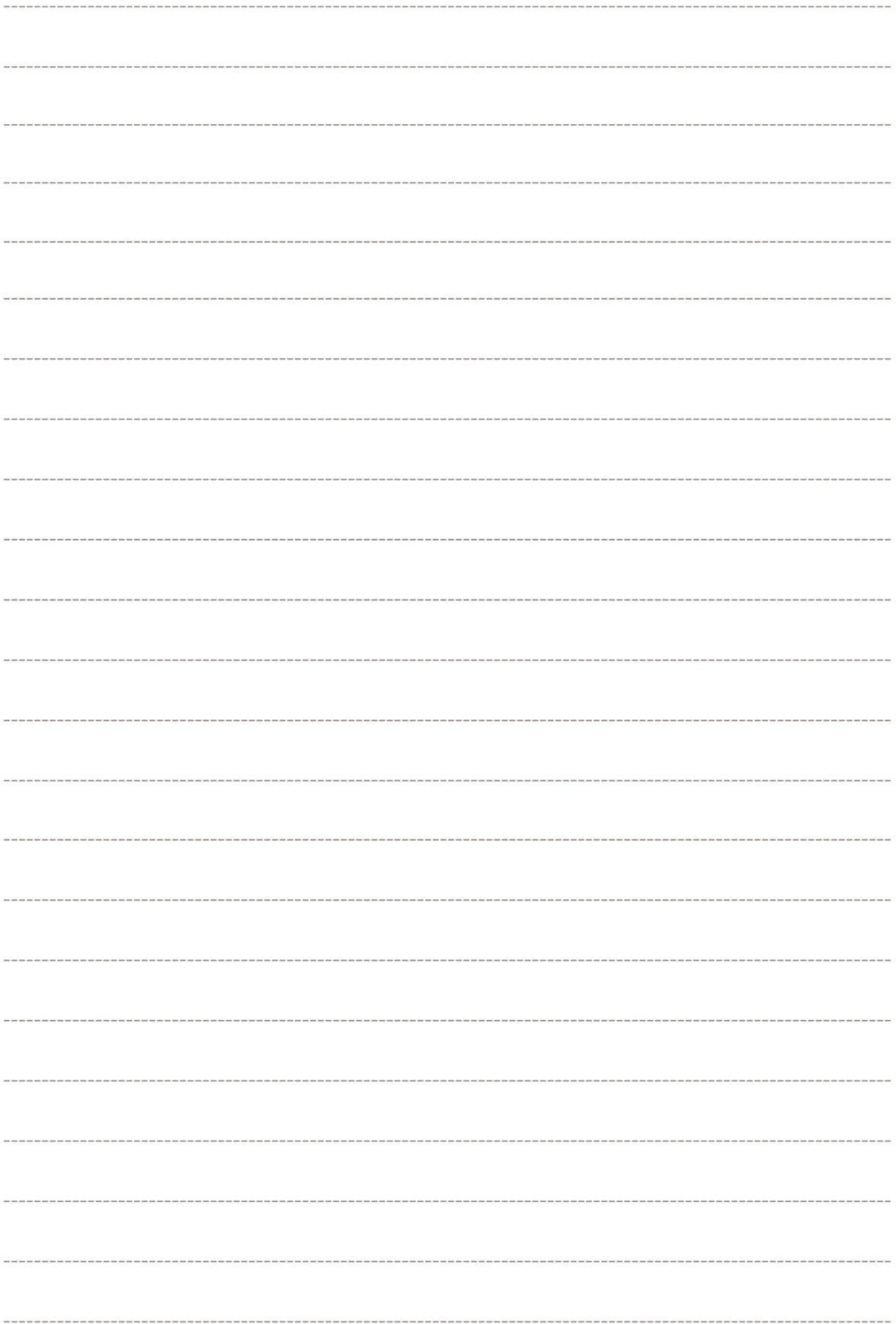


Here are some affirmations to support a self-acceptance and self-love mindset:

- I am worthy of love, acceptance, and belonging just as I am.
- I accept and embrace all parts of myself, including my flaws and imperfections.
- I trust in my own abilities and know that I am capable of achieving my goals.
- I release the need for approval from others and focus on accepting and loving myself.
- I am enough, just as I am, and I fully embrace and accept myself without judgment.
- I let go of comparing myself to others and embrace my unique journey and experiences.
- I choose to honor and appreciate my body, mind, and spirit exactly as they are.
- I release the need for perfection and embrace growth, learning, and self-improvement.
- I am deserving of happiness and success, and I believe in my own worthiness.
- I celebrate and honor my own uniqueness, knowing that I have a valuable place in the world.

Remember to repeat these affirmations daily and with conviction to enhance your self-acceptance mindset.

**ITs Your Time to
Shine!**



Embrace all that renews and
reinvigorates you



Connect daily to your beautiful soul



Soul

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Soul

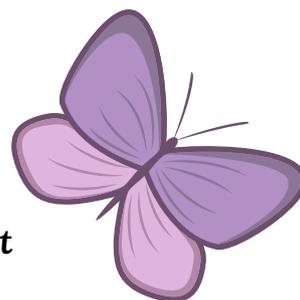


Connect daily to your beautiful soul



Find Your Passion!

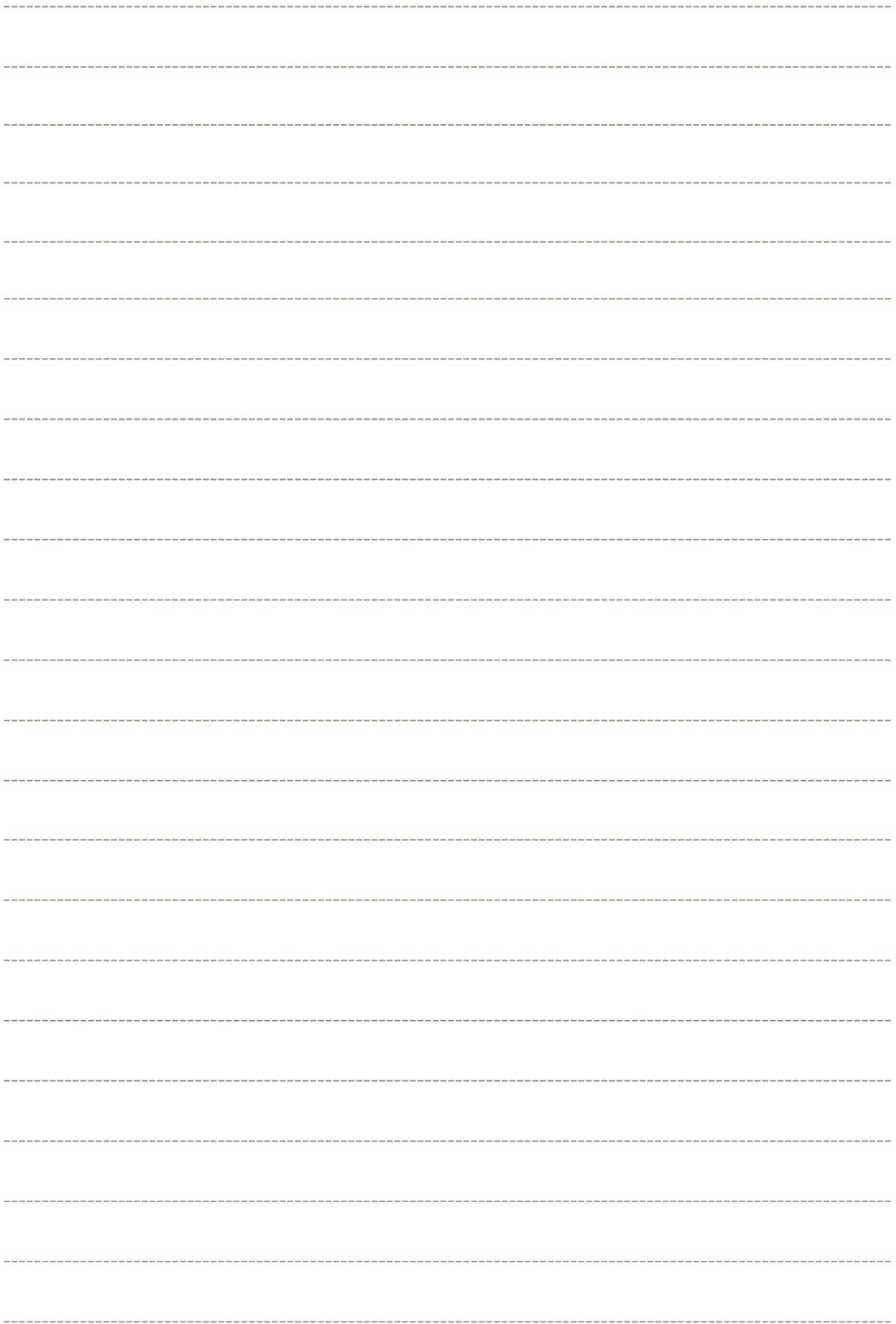
***Dream the life you desire and then act it
into existence***



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Connect daily to your beautiful soul







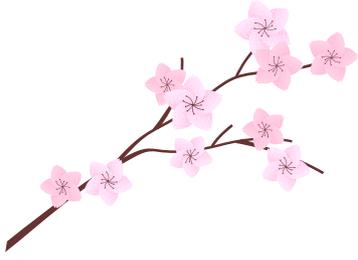


**What transformation
would you like to see in
your life?**



Connect daily to your beautiful soul





Connect daily to your beautiful soul





Think how you can do
what you love on a daily
or weekly basis

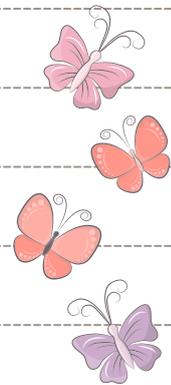


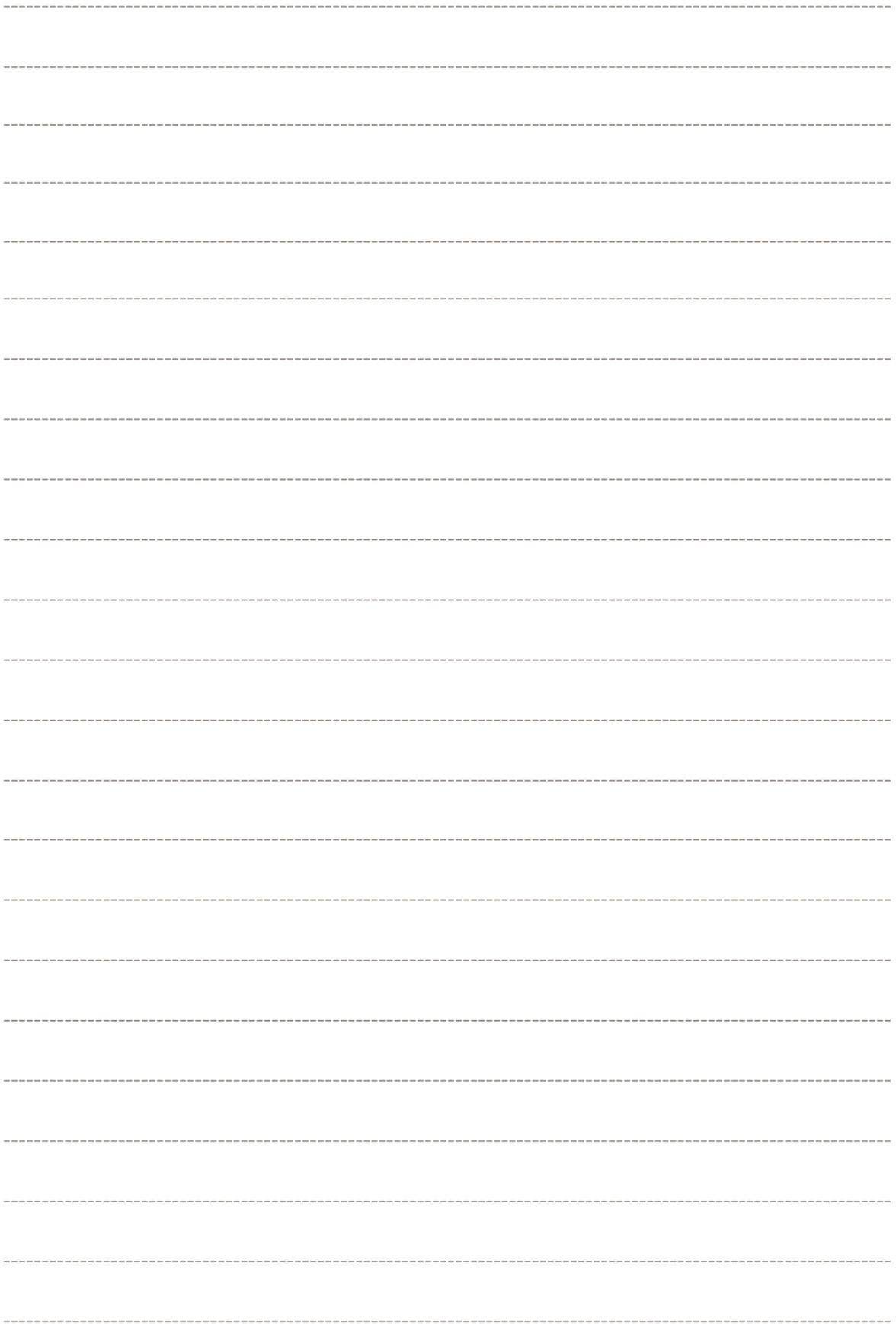
Live from your Heart

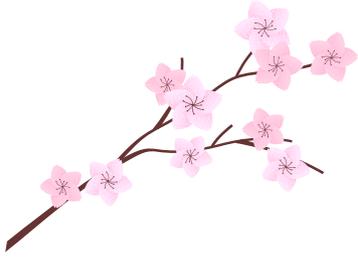




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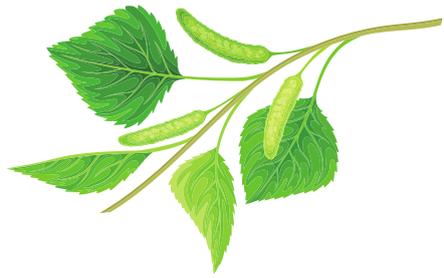


Connect daily to your beautiful soul



Connect daily to your beautiful soul



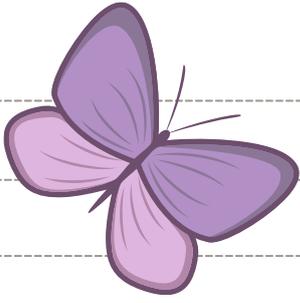


Connect daily to your beautiful soul

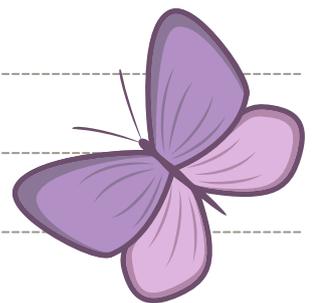


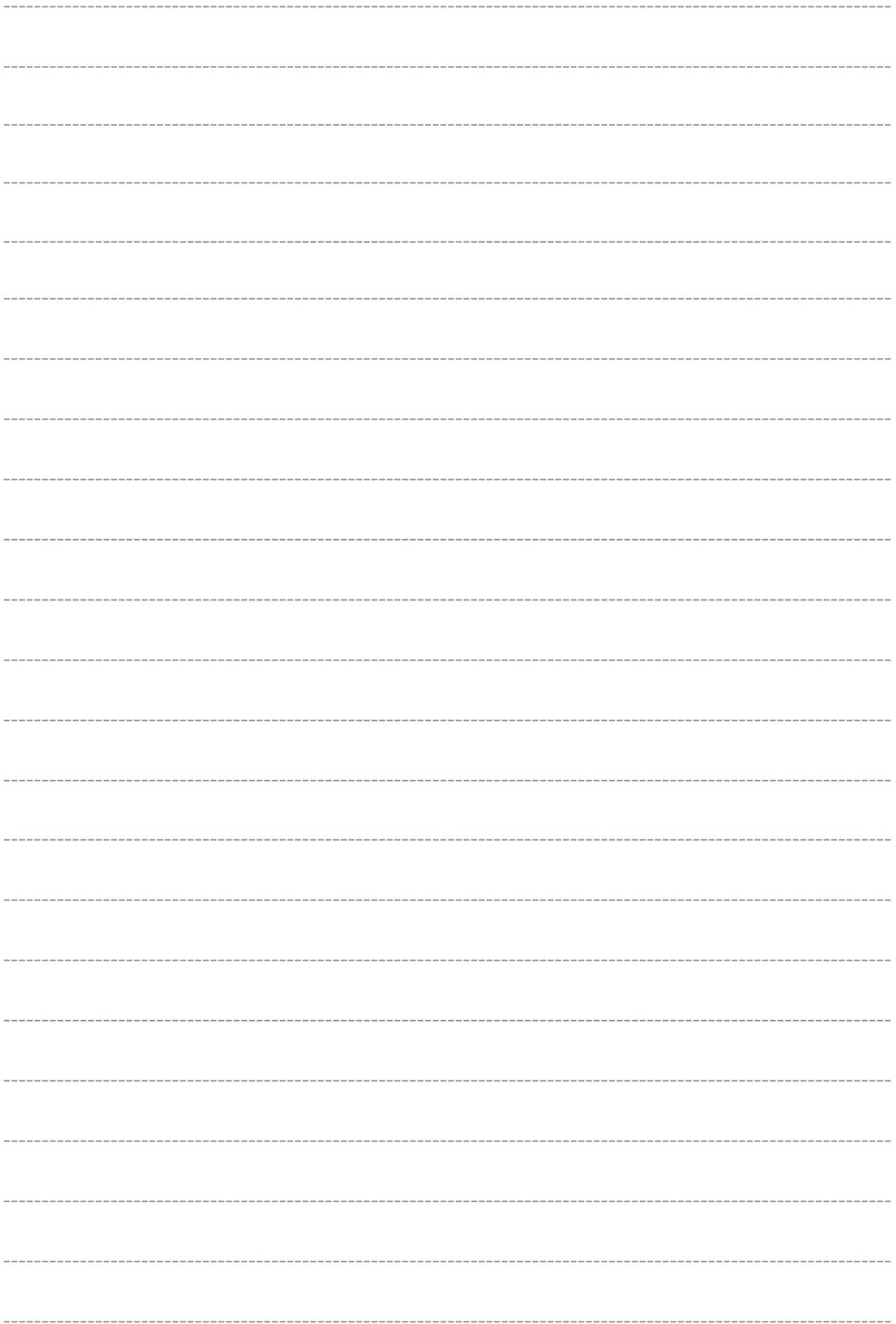
Remember Life is not
a
Dress rehearsal.

Don't put off to
tomorrow what you
could do today!



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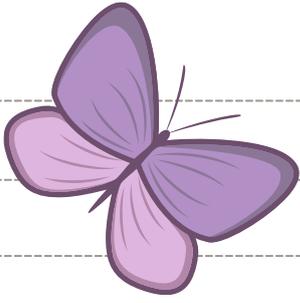




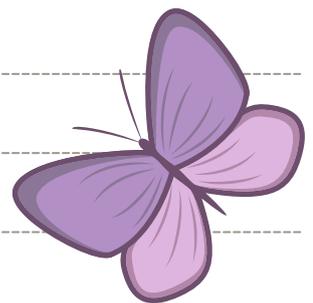


Connect with nature daily





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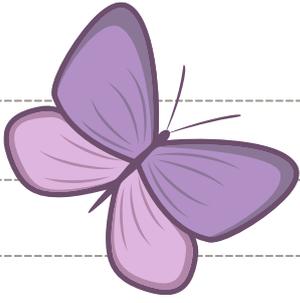




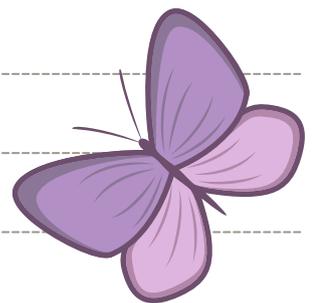
I am happiest when.....

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Connect with your playful side as often as you can



Give yourself time
and space to do more
of the things that
light you up.

Recharge your
batteries and allow
yourself to shine
your unique light in
this world.

JOURNALS
by
Marie Louise Devitt

www.mldevitt.co.uk