give Jourself some



HAPPY SELF-LOVER DAY

Self-Love(r) Motto

po **S** itive

cr **E** ative

mindfu **L**

F un

p **L** easurable

emp **O** wering

acti \mathbf{V} e

motivat **E** d

inspi \mathbf{R} ed



DATE

WHAT HAPPENED?

MY EMOTIONS

PEOPLE IN THE DREAM

RECURRING? (CIRCLE)

YES / NO

SLEEP QUALITY?









MY INTERPRETATION/FINAL THOUGHTS

Self-Care Intentions

Physical Self-care	Emotional Self-care
Spiritual Self-care	Intellectual Self-care
Social Self-care	Environmental Self-care
No	tes

Self-Reflection Questions

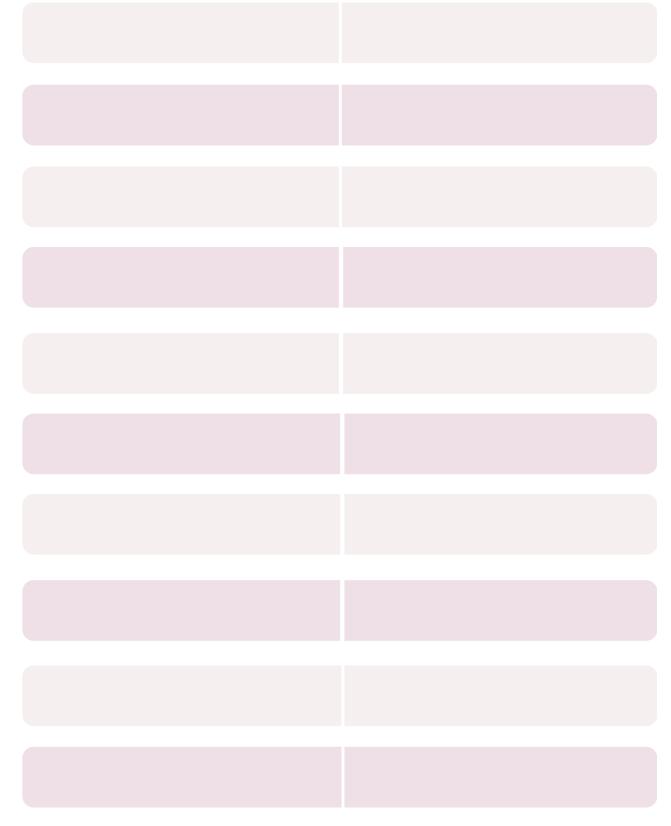
What is my biggest achievement in life?
What are my goals in life?
What are my strengths?
What do I love about myself?
Who matters the most to me?
What am I ashamed of?
What do I like to do for fun?
What am I worried about?
Where do I feel safest?
Who gives me comfort?
What is my happiest memory?
What keeps me grounded?
What am I grateful for?
What are my values?
When am I at my best?
What brings me joy?

Powerful Positive Affirmations Positive Affirmations "I Am"

1	
2	
3	
4	
5	
6	
7	
8	
9	
10	

Self-Love Day Ideas





Relaxing Day Home Spa Projects

PROJECT	GOAL
1.	
2.	€>
3.	
4.	
5.	
ACTION PLAN	
1 STEP:	
2 STEP:	
3 STEP:	
4 STEP:	
5 STEP:	
6 STEP:	

NOTES



Self-Lover Day Planner

To Do List	Priorities Today
Affirmation	Intentions
Mai	n Focus

Daily Skincare Routine

Morning	Evening
Cleanser	Make Up Removal
Soothing Serum	Toner
Gel Moisturizer	Serum
SPF	Moisturizer
Essence	Spot Treatment
Things I Need to Avoid	Products to Buy
Note	



Date:
Today, I
Tomorrow, I look forward to
TOTTIOTTOW, TTOOK TOTWATA CO
5 things I want to achieve



Self-Care Reflection



Things I do to process my feelings



Things that make me feel confident Things that keep me busy

Enjoyment List

1. 2. 3. 4. 5. 6. 7. 8. 9. 10. 11. 12. 13. 14. 15. 16. 17 18.





quality "me time" ideas me, myslef & [

| date | idea / activity |
|------|-----------------|
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Self-lover Journal

