

give yourself some

LOVE

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 **V** e

motivat **E** d

inspi **R** ed

Dream Journal

D A T E

Blank oval space for writing the date.

WHAT HAPPENED?

Large lined area for describing the dream.

MY EMOTIONS

Blank rounded rectangle for listing emotions.

PEOPLE IN THE DREAM

Blank rounded rectangle for listing people in the dream.

RECURRING? (CIRCLE)

YES / NO

SLEEP QUALITY?



SKETCH

Large blank area for sketching the dream.

MY INTERPRETATION/FINAL THOUGHTS

Large lined area for writing the interpretation or final thoughts.

Self-Care Intentions

Physical Self-care

Emotional Self-care

Spiritual Self-care

Intellectual Self-care

Social Self-care

Environmental Self-care

Notes

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

Main Focus

Daily Skincare Routine

Morning

■ Cleanser

■ Soothing Serum

■ Gel Moisturizer

■ SPF

■ Essence

Evening

■ Make Up Removal

■ Toner

■ Serum

■ Moisturizer

■ Spot Treatment

Things I Need to Avoid

Products to Buy

Note

A vertical list of seven dashed lines for writing, each preceded by a small white circle on a vertical line.

My Daily Gratitude Journal



Date:

Today, I...

Tomorrow, I look forward to...

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.

have fun





quality "me time" ideas

me, myself & I

date

idea / activity

Self-lover Journal
