



The journey to loving myself begins today

@thestrاندacademy

SELF LOVE JOURNAL

8 things I love about me



Affirmations

I am enough

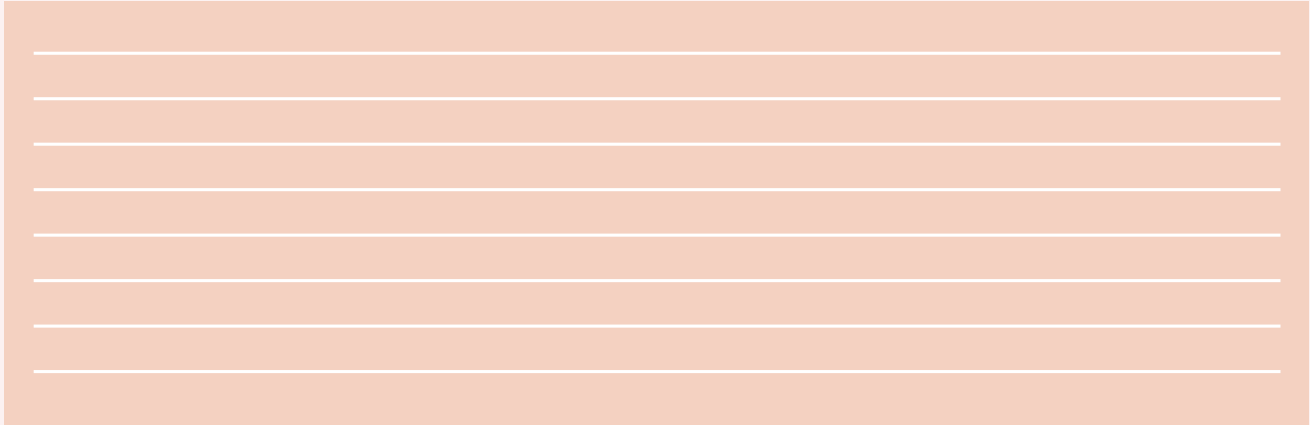
I am worthy of all my desires

I love my body and I treat it well

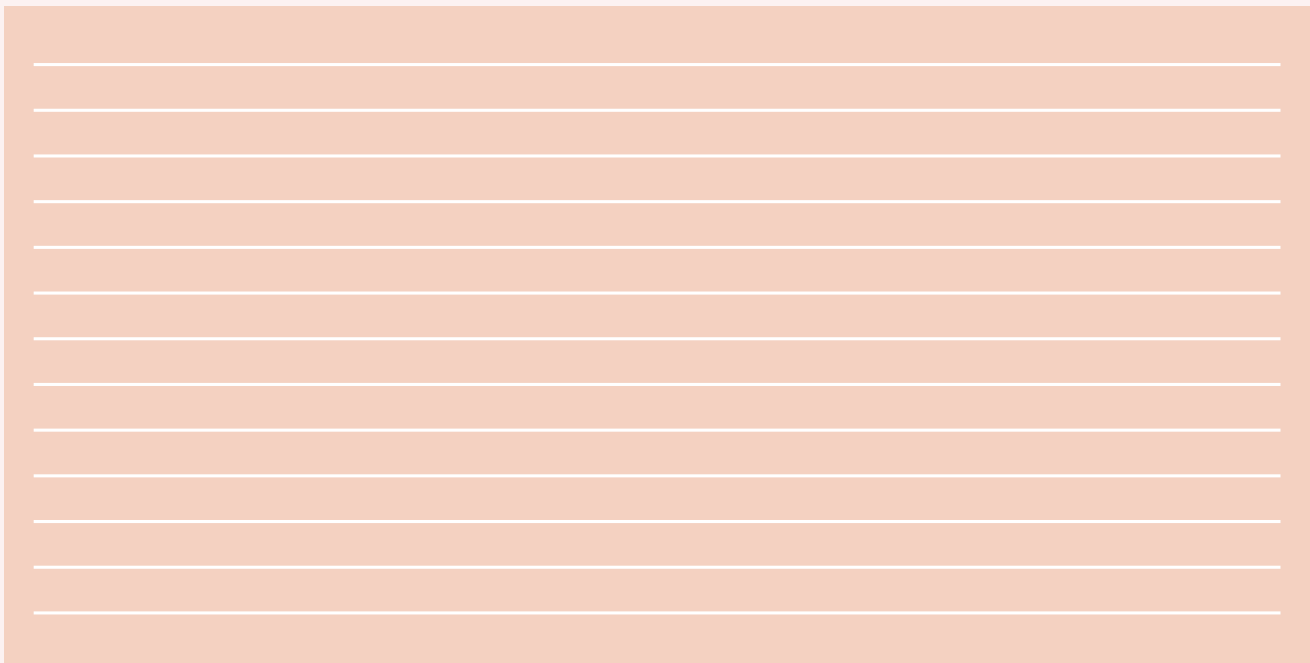
I am kind to myself

FORGIVE YOURSELF AND LET GO

You are not your mistakes, your experiences or your past.
I am letting go of ...

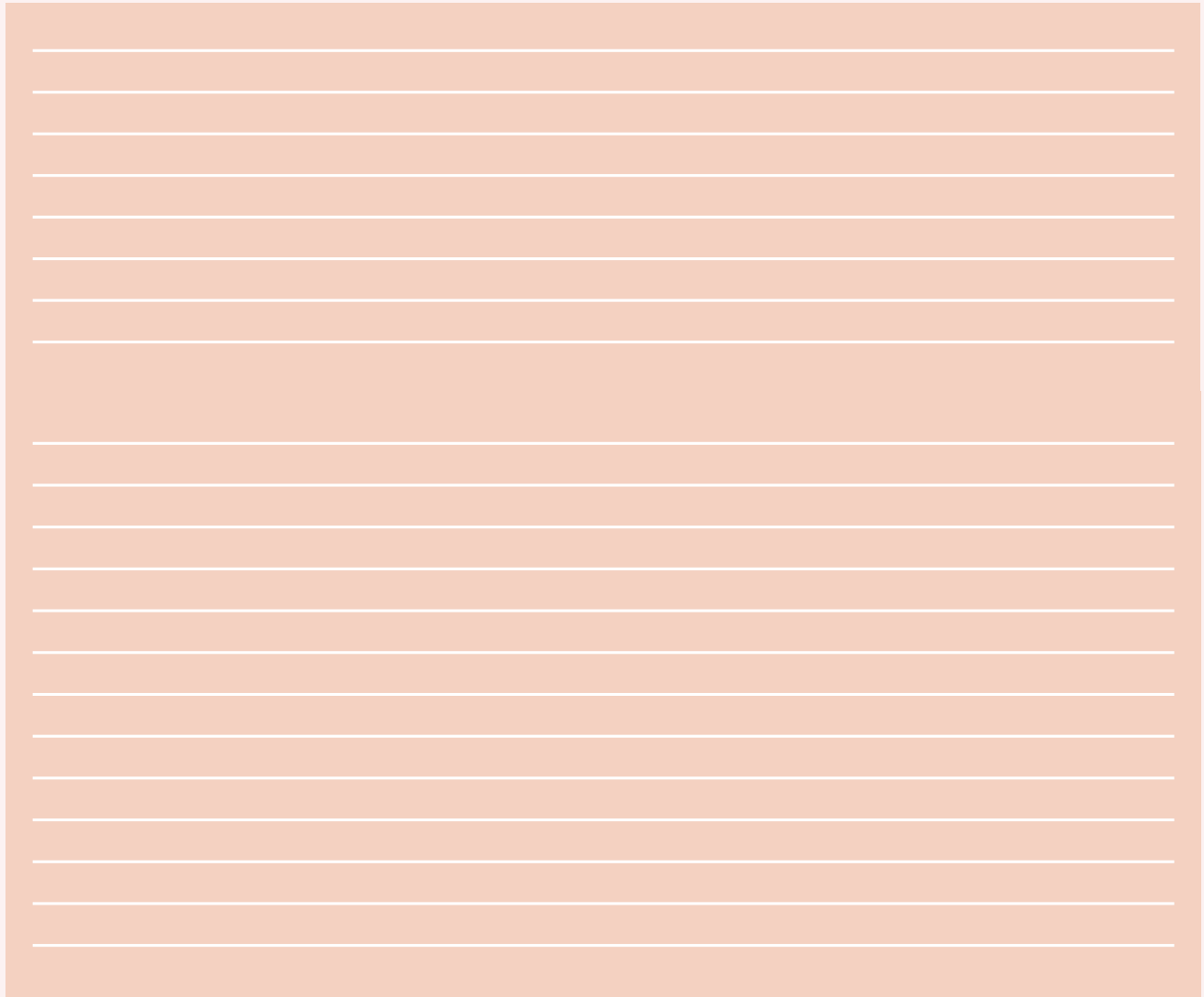


People do not get to determine your worth
I am letting go of the negative things I have been told about
myself



WORK ON THE AREAS THAT NEED HEALING.

You are worthy, you are beautiful and you are strong.
Journal about the areas you are healing and tell yourself how wonderful they are.

A large rectangular area with a light orange background and horizontal white lines, intended for journaling. The lines are evenly spaced and cover the entire width of the rectangle.