

 **The Self-Love Journal & Mindset Shift Checklist**   
— *A gentle guide to ease, balance, and loving all of you* —

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*By*

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# SELF-LOVE JOURNAL PROMPTS

*Use these prompts daily or weekly. Let them help you reconnect with yourself, release self-criticism, and step into your queen energy.*

1. What does loving all of me look like in this season of my life?
2. How can I give myself more ease and balance today?
3. What part of my body or being do I often criticize and how can I show it gratitude instead?
4. When do I feel most like a queen, and how can I create more of that daily?
5. Write a love letter to the woman you are becoming.
6. What is one boundary I can set this week that honors my energy?
7. How can I nurture myself without guilt?
8. What am I proud of in my journey that the scale cannot measure?
9. What would it look like to care for my body as my most trusted partner?
10. If I fully loved myself today, what choices would I make differently?

*Tip: Don't rush your answers. Let them flow, and revisit them as your journey unfolds.*

## MINDSET SHIFTS THAT LAST (CHECKLIST)

- ✓ **Ease over Hustle** – Choose routines that energize you, not exhaust you.
- ✓ **Progress over Perfection** – Every step forward counts, no matter how small.
- ✓ **Nourishment over Punishment** – Food and movement are ways to care for yourself, not control yourself.
- ✓ **Self-Care over Self-Criticism** – Speak to yourself like you would to a queen: with compassion and respect.
- ✓ **Balance over Burnout** – Rest, joy, and play are part of your health too.

*Remember: Weight loss is never just about the scale. It's about loving all of you, inside and out.*