

# The *3 Day Love Boost* Planner



BY LATINA A ROBINSON-EDWARDS

# THE 3 DAY LOVE BOOST

WELCOME!



## DAY 1

Start your journey by creating a foundation of peace. Today is about easing into serenity, from dawn till dusk, with affirmations that quiet the mind and open the heart. Engage in a guided breathing exercise for instant calm, and use journal prompts to navigate your emotions and set intentions for lasting tranquility.



## DAY 2

Focus on building a solid sense of self-esteem. Through powerful affirmations, you'll start to see your true value. A visualization exercise will help you connect with your best self, while activities aimed at conquering negative self-talk will shift your mindset towards positive, self-affirming beliefs.



## DAY 3

Today is a celebration of your uniqueness and the love you hold for yourself. Strengthen your self-love with heartfelt affirmations and engage in a self-care checklist that encourages kindness towards yourself. Conclude with an evening reflection that honors your personal growth and self-compassion.



# DAY 1

Welcome!

## DAY 1 INTRO

Welcome to Day 1 of "Calming the Chaos," your first step on a transformative journey towards tranquility and self-empowerment. Today is about creating a sanctuary within your mind, a peaceful retreat from the fast pace of daily life. We'll begin with potent affirmations designed to ease anxiety at each pivotal point of the day—morning, afternoon, and evening—setting a serene tone from sunrise to sunset.

Alongside these affirmations, I'll guide you through a breathing exercise that promises instant stress relief. This simple yet powerful technique can be your go-to tool whenever you feel the tides of tension rising.

To deepen your experience, you'll also find journal prompts to help you introspectively navigate your emotional landscape. These prompts are keys to unlocking self-awareness, allowing you to set deliberate intentions for tranquility that will resonate throughout your day.

Embrace each activity with an open heart, and remember, this is your time to turn down the volume of the outside world and tune into the calm whisper of your inner voice. Let's begin.

*WELCOME TO DAY 1 OF  
THE 3 DAY LOVE BOOST*

# GUIDED BREATHING EXERCISE

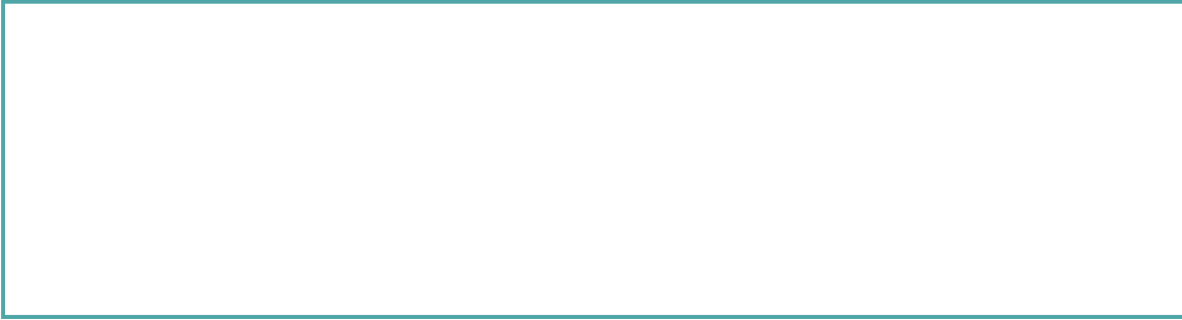
*This brief guided breathing exercise helps reduce stress and promote peace. It involves deep breathing and visualization to relax the mind and body, release tension, and conclude with a return to present awareness, enhancing calm throughout your day.*

1. Find Comfort: Sit or lie down comfortably. Close your eyes, taking a moment to just be.
2. Inhale: Deeply breathe in through your nose, filling your lungs, and hold for four seconds.
3. Exhale: Slowly breathe out through your mouth, releasing any tension or stress.
4. Pause: In the silence between breaths, find your calm.
5. Repeat: Continue this breathing pattern for a few minutes, deepening your relaxation.
6. Visualize: With each inhale, imagine a warm, glowing light of love and serenity enveloping you. With each exhale, picture letting go of any negativity.
7. Return: When ready, gently bring your focus back to the present. Move your fingers and toes, stretch if needed, and slowly open your eyes.
8. Carry Calm: Keep this sense of peace and love with you throughout the day.

# EMBRACING SERENITY & LOVE

*Journaling Prompts*

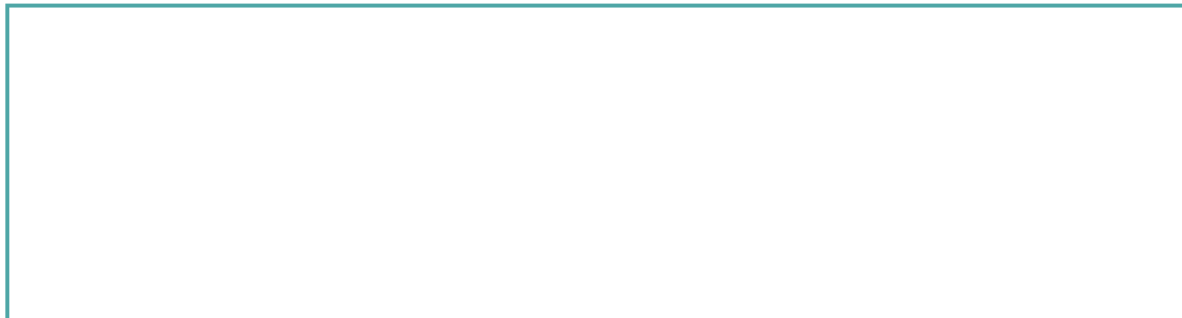
1. Heartfelt Landscape: Take a moment to connect with your heart. What emotions are blooming there? Are they ones of love, anxiety, joy, or something else? Consider the sources of these feelings and how they shape your inner world.



2. Blueprint for Serenity and Love: Imagine a day where serenity and love flow freely in your life. What actions, thoughts, or moments contribute to this blissful state? Jot down three specific intentions that can help you cultivate more love and peace each day.



3. Navigating Through Storms: Think about the moments when love and serenity seem distant. What usually pulls you away from these states? How can you gently guide yourself back to love and peace when faced with these obstacles? Outline steps or affirmations that resonate with bringing you back to a place of love and tranquility.



# AFFIRMATIONS

## ***Morning Affirmation***



With the new day comes new strength and new thoughts. Today, I choose peace over anxiety.



I greet this morning with openness and gratitude. Serenity fills my soul with every breath.



Today, I am brimming with energy and overflowing with joy. My peace is my power.

## ***Afternoon Affirmation***



I release tension from my body and mind, welcoming calmness with every moment.



In this moment, I choose to focus on what I can control and release what I cannot.



I am a beacon of peace in a bustling world. My calmness radiates to those around me.

## ***Evening Affirmation***



As the day ends, I let go of worries, embracing tranquility and preparing for restful sleep.



I am thankful for the day's lessons. I release them with love and turn my heart towards peace.



## DAY 2

Welcome!

### DAY 2 INTRO

Welcome to Day 2: Boosting Self-Worth. Today is about rediscovering and reinforcing your inherent value, a key step towards building unshakeable self-esteem.

Through a series of powerful affirmations, we'll affirm your worth and lay the groundwork for a more confident you. A guided visualization exercise will help you connect with your best self, envisioning who you are at your core—strong, capable, and deserving of all things good.

We'll also engage in activities designed to challenge and transform any negative self-talk into empowering beliefs. By the end of today, you'll feel more rooted in your worth and ready to face the world with a renewed sense of confidence.

*WELCOME TO DAY 1 OF  
THE 3 DAY LOVE BOOST*

# AFFIRMATIONS

## ***Morning Affirmation***



I am worthy of respect and love from both myself and others.



Today, I embrace my potential to achieve great things.



I am a unique individual with much to offer the world.

## ***Afternoon Affirmation***



My self-worth grows with every step I take towards my goals.



I trust my journey and believe in my ability to succeed.



I deserve happiness and pursue it with courage.

## ***Evening Affirmation***



I am proud of what I accomplished today, no matter how big or small.



As I rest, I am at peace with myself, knowing I am enough just as I am.

# SELF - CARE

## *Routine worksheet*

*A few self-care ideas are :*

<i>Physical</i>	<i>Mental</i>	<i>Emotional</i>	<i>Growth</i>
<i>Exercise</i>	<i>Brain Dump</i>	<i>Journaling</i>	<i>Hobbies</i>
<i>Balanced Diet</i>	<i>Saying No</i>	<i>Meditation</i>	<i>New Skills</i>
<i>Pampering</i>	<i>Affirmations</i>	<i>Podcast</i>	<i>Socialising</i>
<i>Grooming</i>	<i>Therapy</i>	<i>Reflection</i>	<i>Goal Setting</i>
<i>Stress Relief</i>	<i>Kindness</i>	<i>Therapy</i>	<i>Habits</i>

*Fill the box below with ideas for your perfect self-care routine. If you need inspiration, check the ideas above!*

<i>Daily</i>	<i>Weekly</i>	<i>Monthly</i>

Worksheet Twenty One

# OVERCOMING

*negative thinking*

*Pick a negative thought :*

*What triggered the negative thoughts?*

*How did the negative thought make you feel?*

*How distressing is this thought?*

- Mild*
- Moderate*
- High*
- Other*

*Pick a negative thought :*

*Pick a negative thought :*

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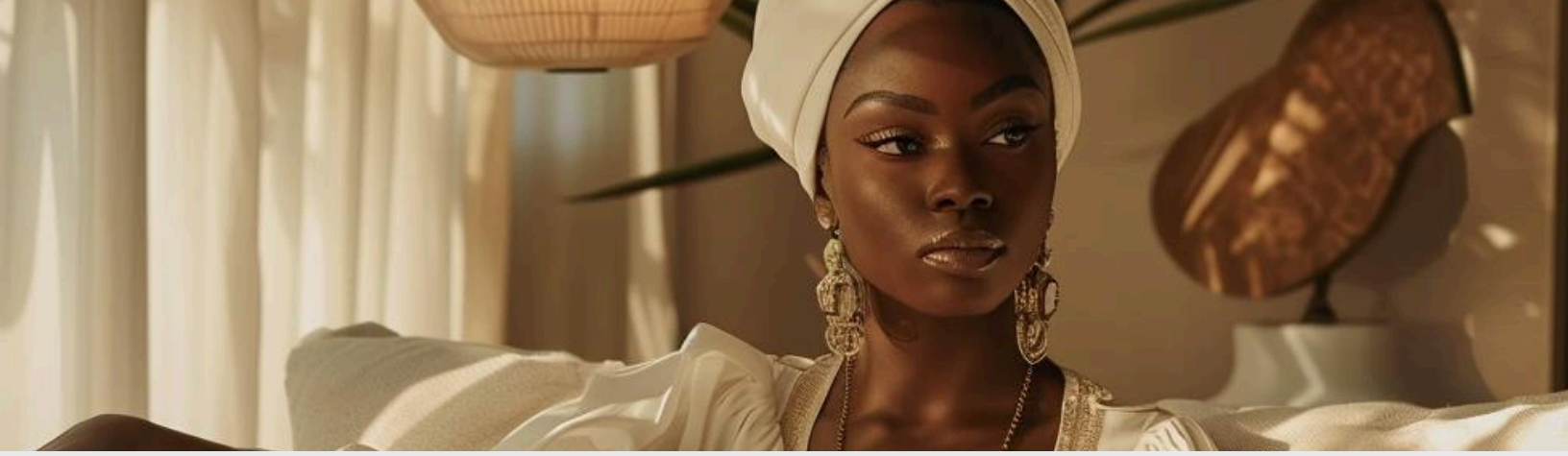
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*What would you say to a friend in the same position?*

*Re-write this negative thought kindly.*

*How does this new thought make you feel?*



## DAY 3

Welcome!

### DAY 3 INTRO

Welcome to Day 3: Embracing Self-Love.

Today marks a pivotal point in your journey where you'll dive deep into the heart of self-appreciation. We start with powerful affirmations to reinforce the love you hold for yourself, recognizing and celebrating what makes you unique.

You'll explore a curated self-care checklist, offering simple yet impactful actions to demonstrate self-love throughout your day.

Our journey concludes with an evening reflection, a moment to look back on your growth and wrap yourself in the warmth of self-compassion. Get ready to embrace the fullness of your being and the richness of your inner world.

*WELCOME TO DAY 1 OF  
THE 3 DAY LOVE BOOST*

# AFFIRMATIONS

## ***Morning Affirmation***



I welcome this day with love in my heart for myself and all around me.



I am deserving of happiness and I embrace it fully today.



I choose to speak to myself with kindness and compassion.

## ***Afternoon Affirmation***



I honor my needs and give myself permission to take breaks.



I am proud of all I have accomplished today, no matter how small.



I radiate love and receive it back in abundance.

## ***Evening Affirmation***



I release the day with gratitude and prepare for rest with love in my heart.



I am enough, just as I am, and I embrace my journey with love.

# Checklist Eight

## SELF-CARE

### checklist

Keeping track of your habits can help you stay on track and achieve your goals. Fill out your top 12 goals and mark them off each day you successfully complete them.

WEEK OF: \_\_\_\_\_

HABIT / SELF-CARE STEP	(S)	(M)	(T)	(W)	(T)	(F)	(S)
01	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
02	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
03	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
04	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
05	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
06	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
07	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
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09	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
10	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
11	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
12	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

REFLECTION NOTES

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# Loving Yourself

## *Routine*

### Essentials Checklist

- Sleep 7-8 hours
- Meditation
- Journaling
- Shower
- Eat Healthy Meals
- Enjoy quality time

### Positive rules to live a happy life

Be comfortable in your own skin. Follow a routine that focuses on you and your well-being. Follow the path of least resistance, Live your life to the fullest and take out time for things that you love doing. Live with kindness. Stay positive and spread smiles. Meditate daily and work on yourself everyday!

### Self-Care Checklist

- Unplug
- Read
- De-clutter
- Do something creative
- Spend time in nature
- Enjoy quality time
- Listen to a podcast
- Watch a funny movie
- Practice your hobby
- Enjoy quality time
- Enjoy quality time

### How do you feel today?

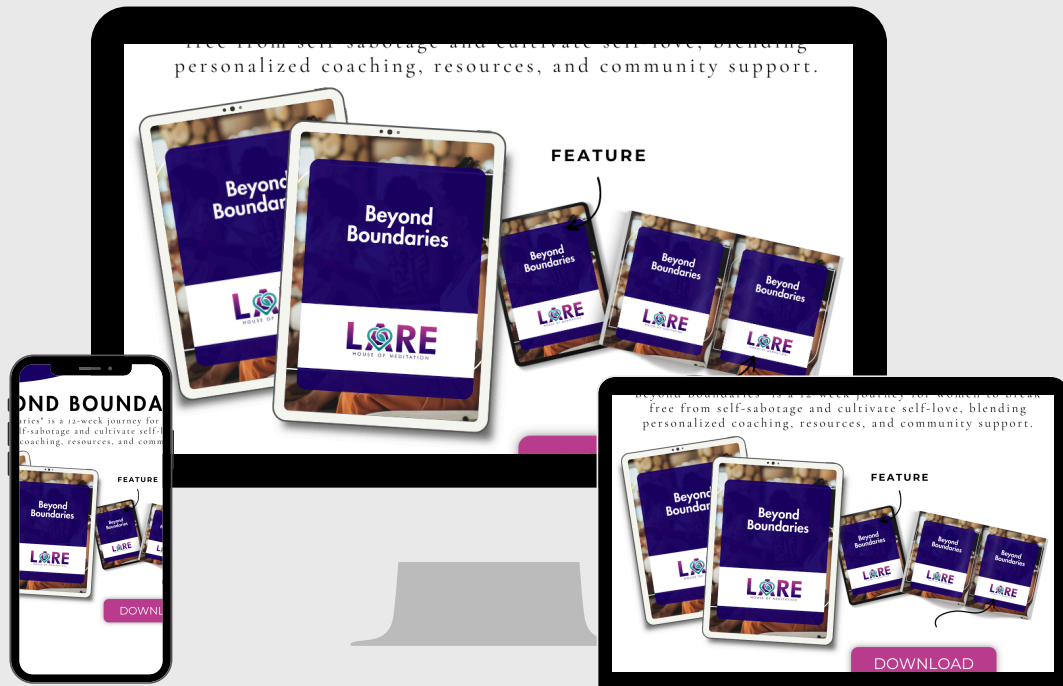


### Journal



# YOUR NEXT STEPS HERE:

JOIN BEYOND BOUNDARIES NOW!



## JOIN BEYOND BOUNDARIES NOW!

Embark on a transformative 12-week journey towards self-love, balance, and empowerment with "Beyond Boundaries". Dive into personalized coaching, a supportive community, and exclusive resources designed to help you conquer self-sabotage and cultivate deep emotional well-being. Ready to break through your limits and embrace your best life? Join us

now.

[LEARN MORE](#)

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