

Log Book

Day 1



I am worthy of love and acceptance just as I am.

I am grateful for





Self-Care

Take a relaxing bubble bath with scented candles and soothing music.

Self-Love

Engage in mindfulness meditation to promote relaxation and self-awareness.

Mindful Eating

Pay attention to your hunger and fullness cues before, during, and after each meal.

Random acts of kindness

Send a handwritten thank-you note to someone who has made a difference in your life.

Physical activity

Go for a brisk walk around your neighborhood.

Day 2



I choose to embrace my unique qualities and celebrate my individuality.

I am grateful for





Self-Care

Spend a day unplugged from technology and enjoy activities like reading a book or taking a nature walk.

Self-Love

Enjoy music that uplifts your spirits and dance like no one's watching.

Mindful Eating

Eat slowly and savor each bite, noticing the flavors, textures, and aromas of your food.

Random acts of kindness

Give a friend a quick call to say, "I'm thinking of you."
Share your the journey you are on with them.

Physical activity

Practice strength training exercises using weights or resistance bands.

Day 3



I am capable of achieving anything I set my mind to.

I am grateful for





Self-Care

Declutter and organize a space in your home that brings you peace and a sense of order.

Self-Love

Take up a new hobby or spend time exploring and enjoying a long forgotten interest.

Mindful Eating

Pause midway through your meal to assess your satisfaction level and adjust your eating pace accordingly.

Random acts of kindness

Simply smile and say hello to strangers as you go about your day, spreading positivity.

Physical activity

Explore a new hiking trail or nature reserve in your area.

Day 4



I release all self-doubt and trust in my ability to overcome any challenges.

I am grateful for

Three horizontal lines for writing, each starting with a heart icon on the left and ending with a heart icon on the right.

Self-Care

Self-Love

Practice deep breathing exercises or meditation to calm your mind and promote relaxation.

Spend time looking at the sky, whether it's during the day or night. Reflect on the vastness of the universe and your place in it.

Mindful Eating

Express gratitude for the nourishment your food provides before taking the first bite.

Random acts of kindness

Donate gently used clothing or household items to a local shelter or charity.

Physical activity

Find a group fitness class locally or online to participate in fitness activities such as Zumba or yoga, or dance or water aerobics.

Day 5



I love and accept myself unconditionally, flaws and all.

I am grateful for





Self-Care

Pay attention to your skin-care needs by using proper cleansing products, moisturizers and lotions.

Self-Love

Listen to a motivational or educational podcast to gain new insights.

Mindful Eating

Avoid distractions like screens or multitasking while eating and focus solely on your meal.

Random acts of kindness

Leave a kind and encouraging comment on someone's social media post.

Physical activity

Incorporate gentle stretches or mobility exercises into your routine to maintain flexibility.

Day 6



I am open to receiving abundance and opportunities that come my way.

I am grateful for





Self-Care

Create a self-care routine that includes activities that nurture your mind, body, and soul.

Self-Love

Take yourself out on a date to a museum, art gallery, or any other place that sparks your interest.

Mindful Eating

Engage in mindful grocery shopping by selecting fresh, whole foods and being aware of your choices.

Random acts of kindness

Leave a thank-you note or small gift for your mail carrier or delivery person.

Physical activity

Set a goal to establish a consistent exercise routine, whether it's a daily walk, going to the gym, yoga, or engaging in home workouts. Start now.

Day 7



I release the need to compare myself to others and focus on my own growth. Continue using this space to write affirmations to yourself daily moving forward.

I am grateful for

♡	_____	♡
♡	_____	♡
♡	_____	♡

Self-Care

Practice the self-care routine you created yesterday and note your progress moving forward.

Self-Love

Do something you love today and everyday moving forward and note your progress moving forward.

Mindful Eating

Notice any emotional or environmental triggers that may lead to mindless eating and find alternative ways to address them. Continue to chart your progress moving forward.

Random acts of kindness

Write letters or cards to friends or family members instead of sending digital messages. Continue doing random acts of kindness as you have time to do so daily, weekly or monthly.

Physical activity

Practice your the exercise routine you created yesterday and note your progress moving forward.

Day



I am grateful for





Self-Care

Self-Love

Mindful Eating

Random acts of kindness

Physical activity

