



The
Self Love
Journal

Tammy Mack

WELCOME



We all have experienced negative self talk and limiting beliefs that keep us stuck and not believing that we are ENOUGH. I have seen so many woman thinking that they are too much or not enough and in reality they are pretty freakin awesome. We tend to look outside ourselves for validation instead of what's most important. Confirmation. This means that remember and connect to the awesomeness that you already are, and expect confirmation from others and the universe. It really is part of the beautiful process called life. The more we discover our soul purpose and what we are here to experience, the more we can live our lives in alignment, bringing more ease, flow and FUN to our lives.

In order to live a more fulfilling and aligned life, we have to look at what's blocking our path. The mind fucks that we believe, the walls we have built to protect our precious hearts and the , stories we keep telling ourselves and others that are no longer serving us. We get to create our story!

This journal is designed to help you remember who the f@ck you are, what makes you special and the perfect person to serve the way that you do.

I can guide you with this free resource, but YOU have to do the work. Stay committed, consistent and be easy on yourself. I trust that if you finish the journal, you will have plenty of ideas and inspirations that remind you of how amazing you really are.

Tammy Mack

w w w . s o u l p r i s m c o l l e c t i v e . c o m

Radical Self love

Welcome to The Self Love Journal for Soulpreneurs!

Being a Soulpreneur isn't just about being "good at social media" or "smart about marketing" your business.

It's also about being able to handle your business – and life – and not let the road blocks, or old stories that kept you playing small permanently affect you, your business or your idea of who you are.

Because TBH? On the path to running a successful online empire, you'll experience lots of crappy days, emotional roller cos and moments where you'll want to give up. The natural contraction and explosion of life that bumps up against your consistent path of growth.

That's where self love comes in.

I understand that creative women in particular can be super hard on themselves. Especially when you have been told your too much, not enough and everything in between.

Have you ever poured your heart into a social media post that literally no one commented on—and assumed it was because your ideas were bad or stupid?

Or created a coaching program, e-book or webinar that no one showed up for? Yep—we've all been there.

The good news? The more you truly love yourself, the better you'll be able to navigate these tricky (and unavoidable) situations—and the faster you'll be able to pick yourself up, dust off your joggers & get back to doing the good work you do in the world.

No matter what's going on "on the outside" – whether it's a client who refuses to pay on time or a program launch that totally flops – real self love will help you navigate anything our crazy world throws your way with (way) more ease, grace and resilience.

Bonus? When you learn to love yourself, you'll also have more love to extend to others – including your friends, family and—of course— clients that are excited to pay your raised prices.



Journaling is not only an eye-opening self-discovery tool—it can also be done (almost) anywhere, (almost) anytime— but I do highly recommend first thing in the morning.

Before we dive in, know this: It's okay and totally normal to feel resistance to some (or all!) of these prompts. They're specifically designed to help you dig deep, discover new things about yourself & get radically honest...which isn't always comfortable.

"Journaling" isn't always easy—but it's always worth it.



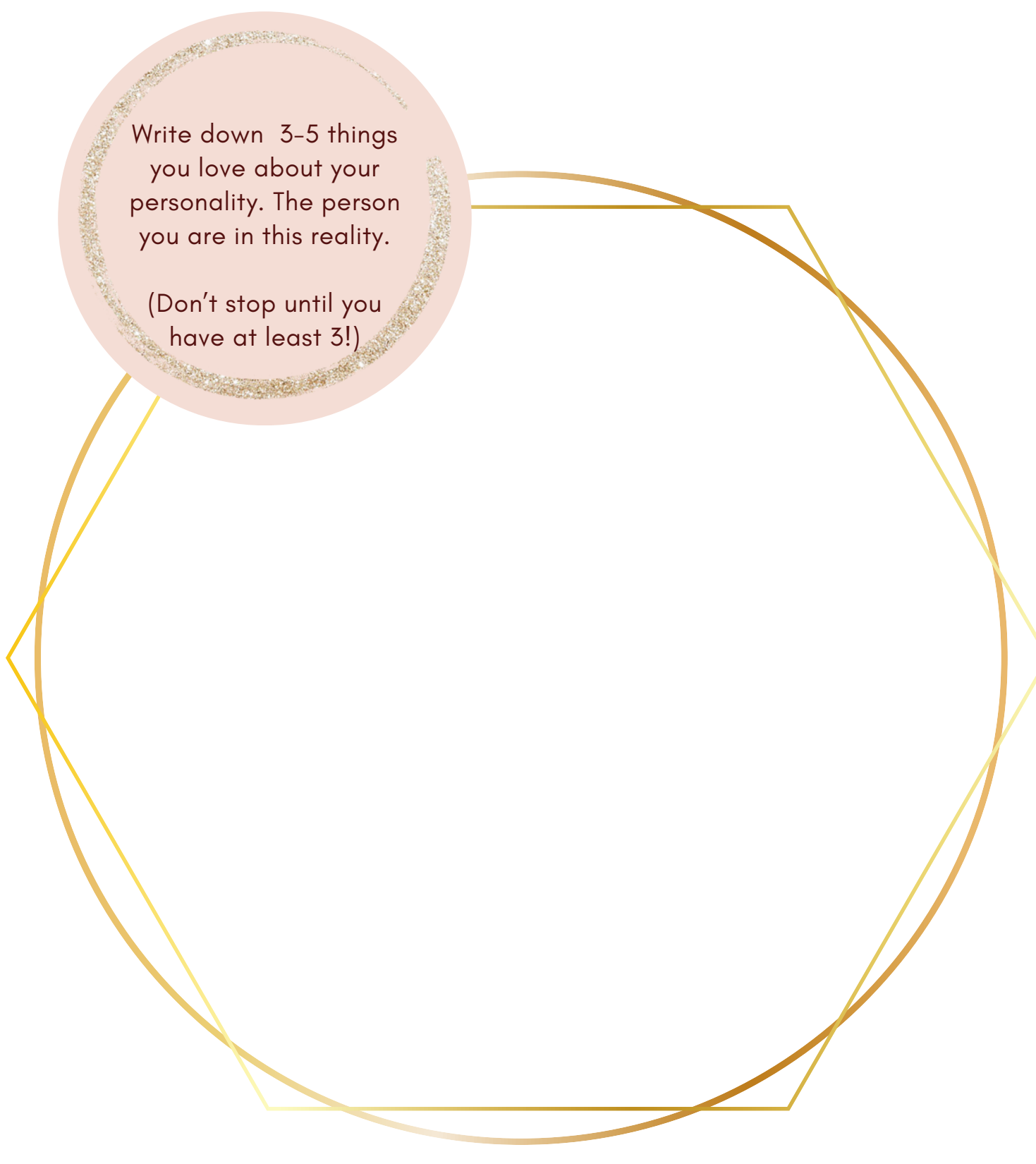
How This Journal Works



Don't over think things, go with your first instinct


Sound good?

Then grab your favorite bevvv, your journal (or Google Doc) of choice & press play on your go-to playlist, because it's time to journal your way to more self love!

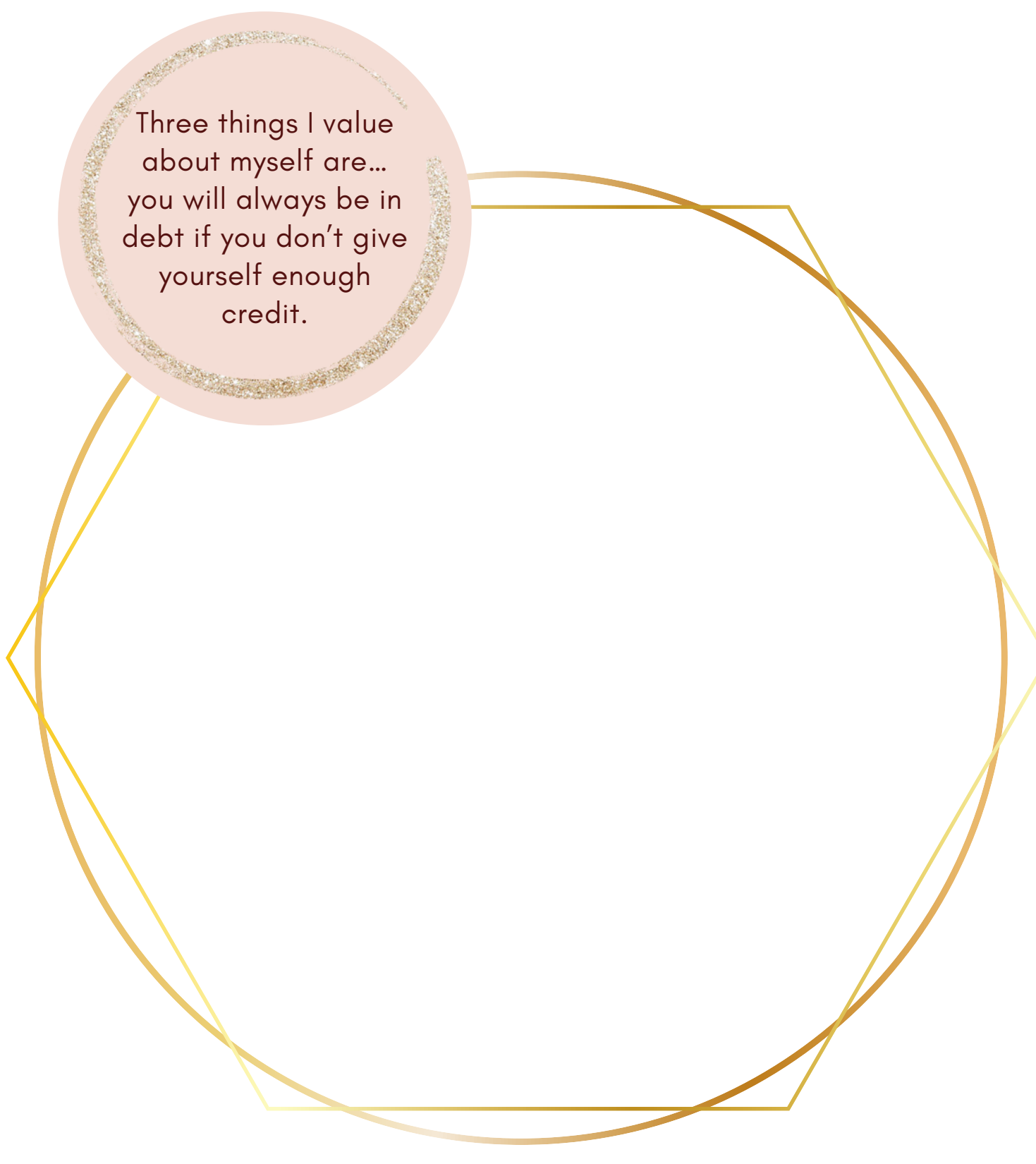


Write down 3-5 things
you love about your
personality. The person
you are in this reality.

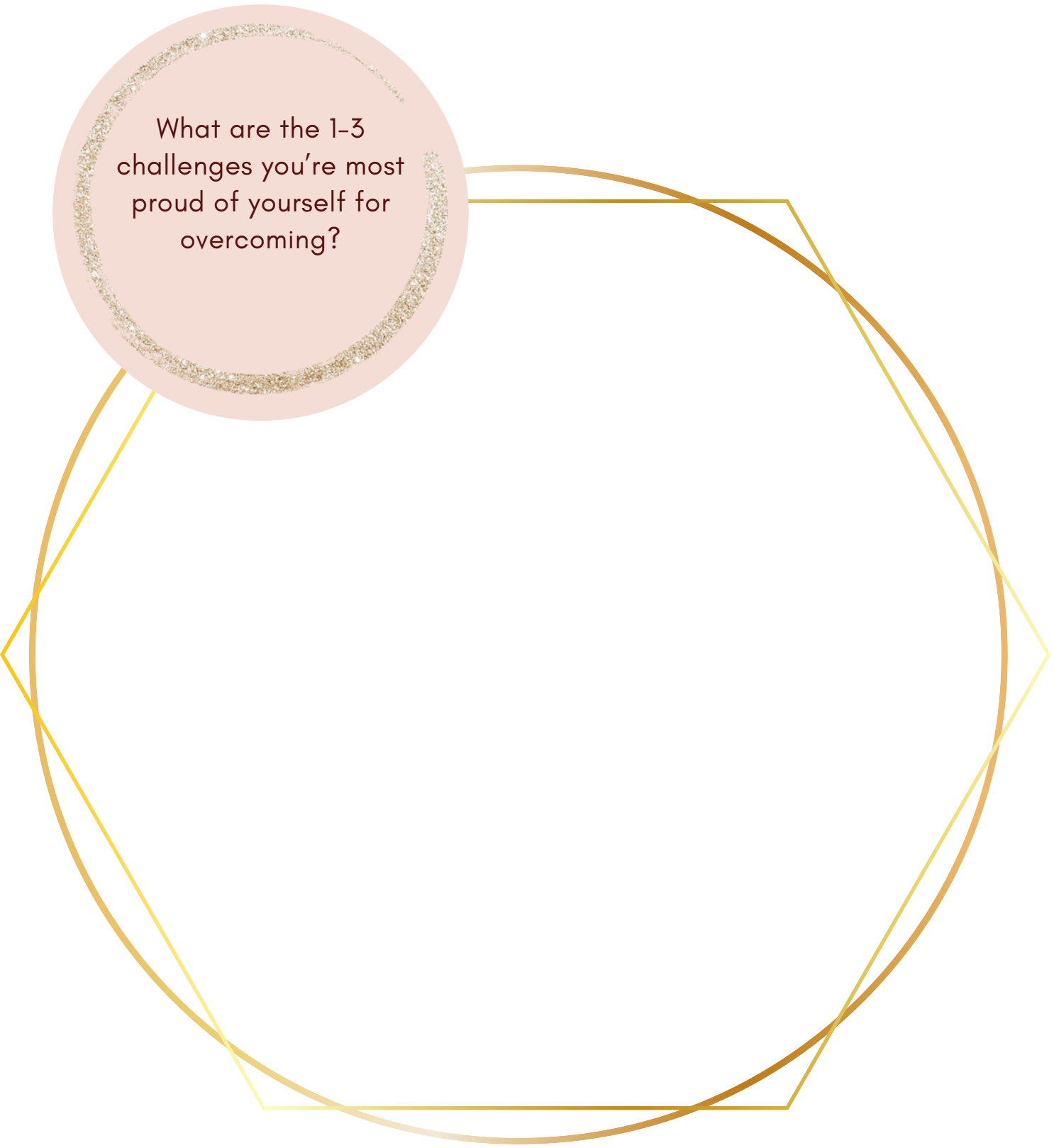
(Don't stop until you
have at least 3!)



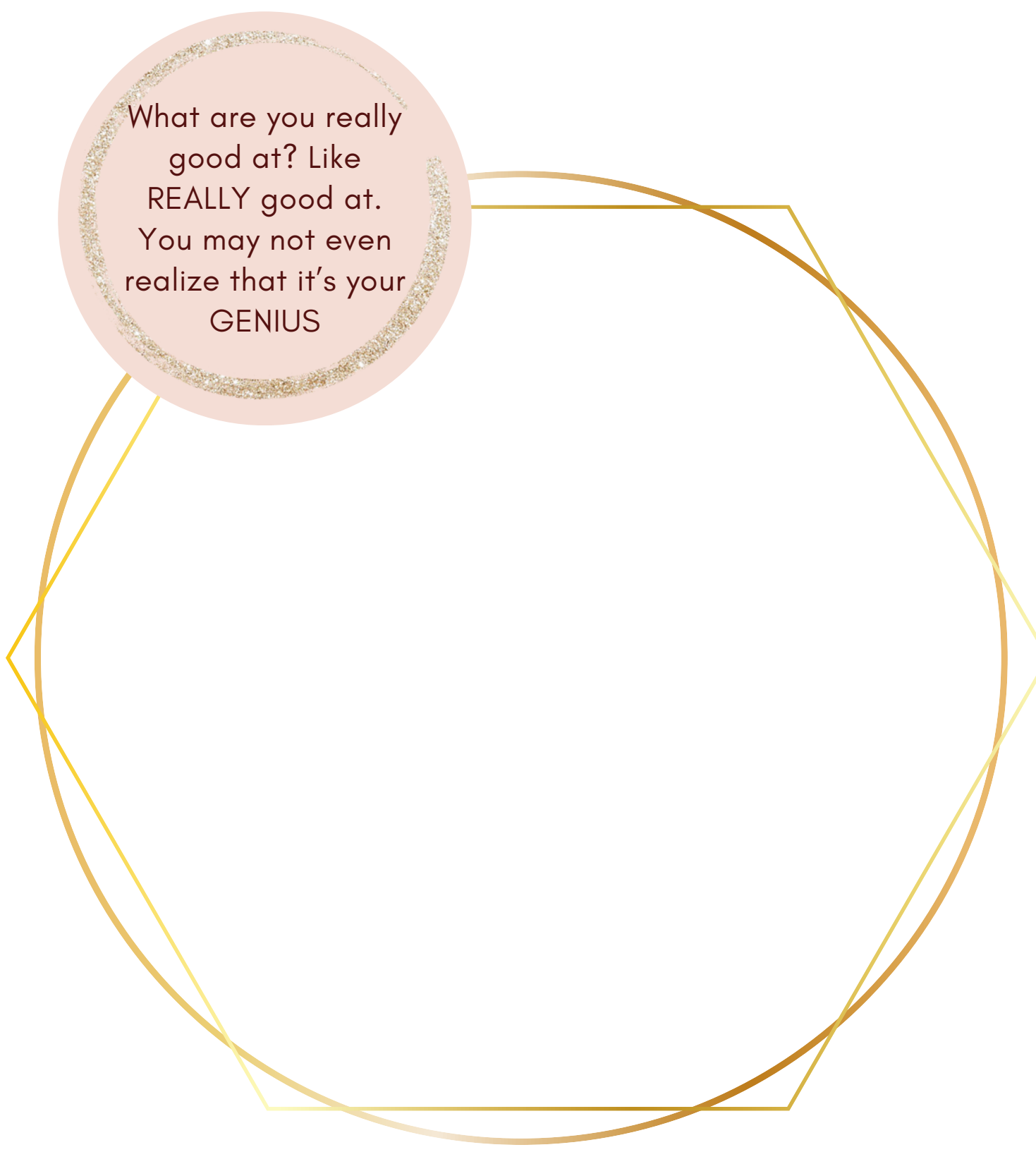
How would your past
(younger) self be
proud of who you've
become today? Write
a letter from your inner
child to their shero,
future self. YOU.



Three things I value
about myself are...
you will always be in
debt if you don't give
yourself enough
credit.



What are the 1-3
challenges you're most
proud of yourself for
overcoming?

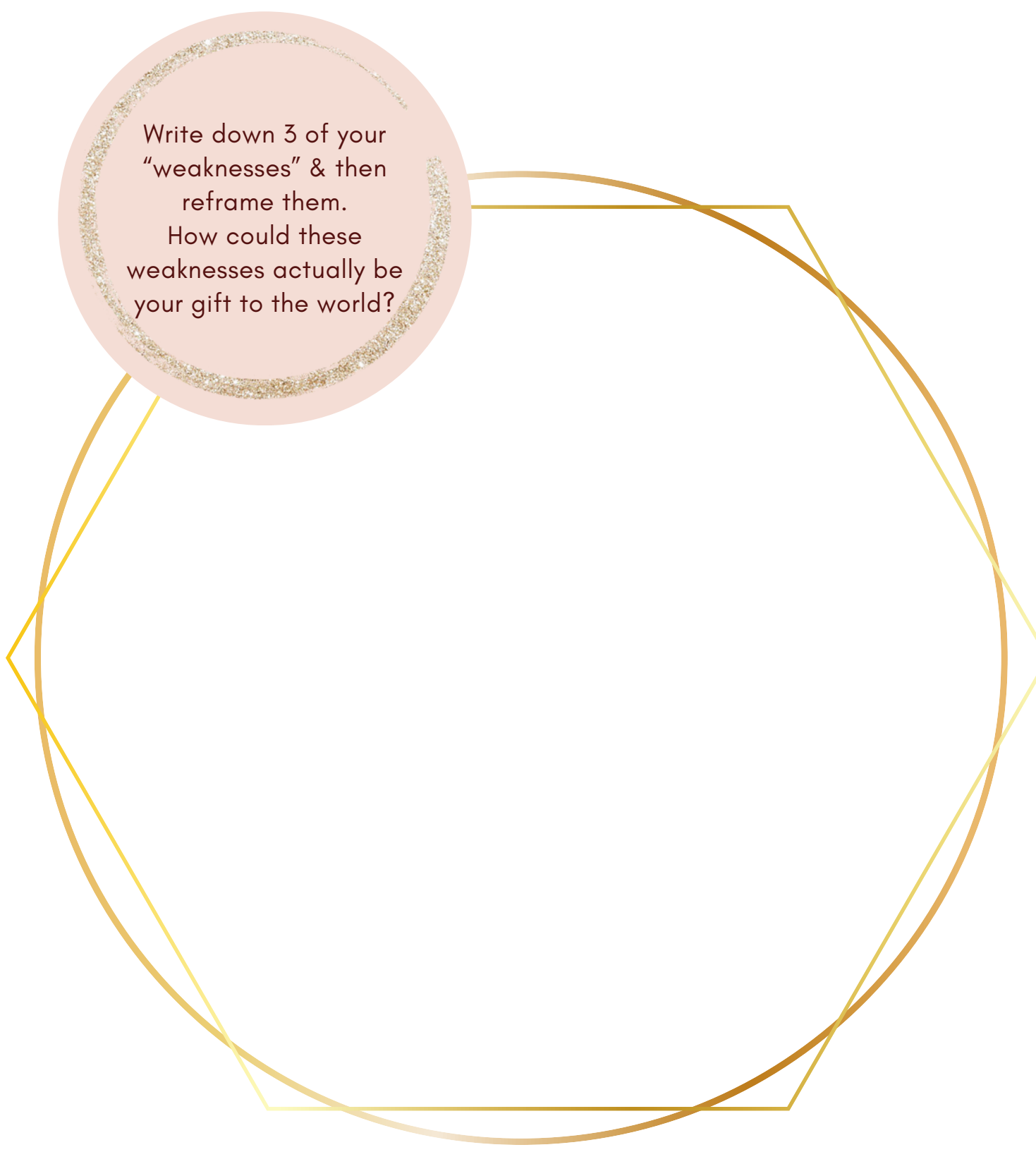


What are you really
good at? Like
REALLY good at.
You may not even
realize that it's your
GENIUS



**True self-care is not
bath salts and
chocolate cake, it's
making the choice to
build a life you don't
need to escape from.**

Brianna Wiest

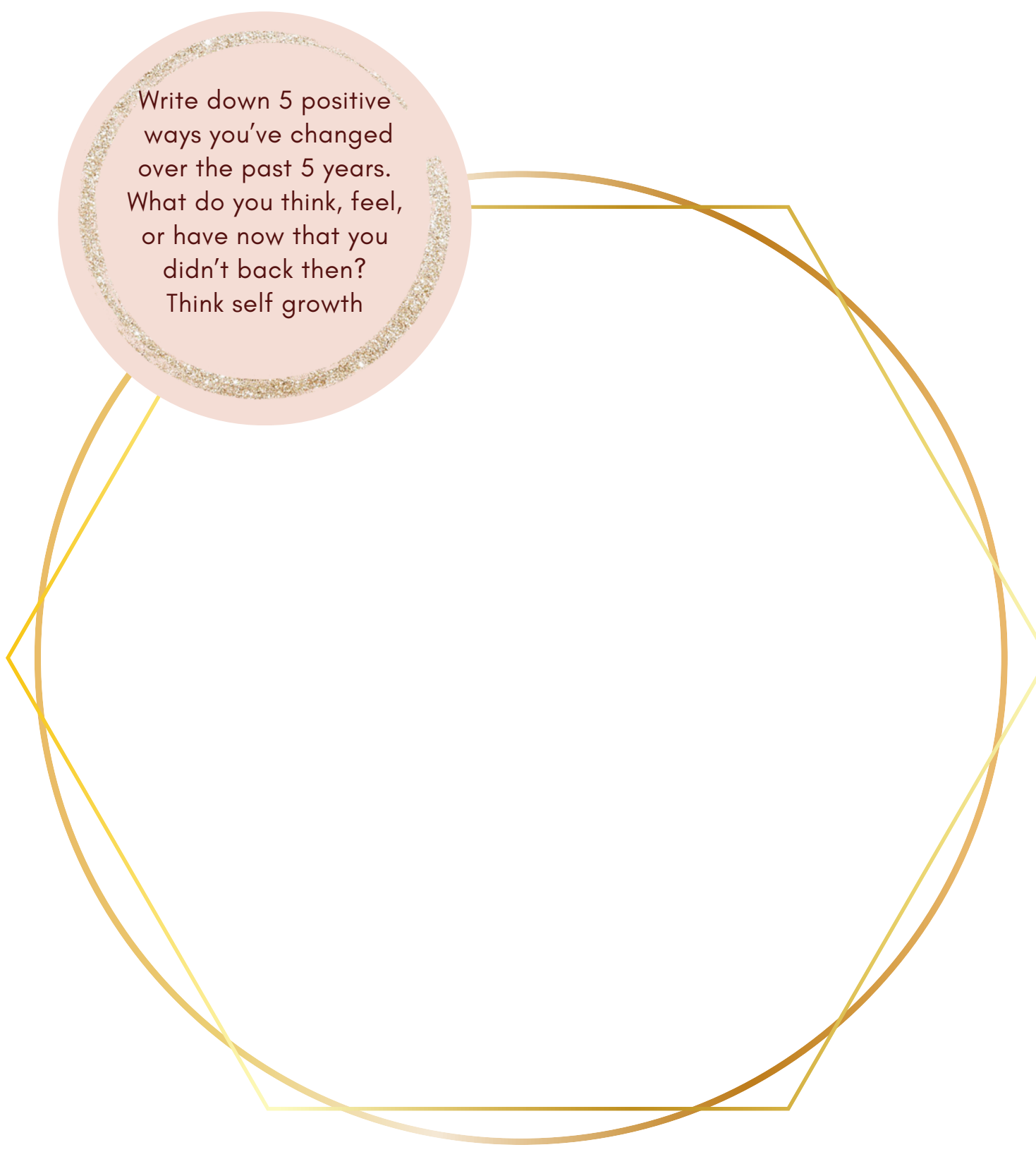


Write down 3 of your
"weaknesses" & then
reframe them.
How could these
weaknesses actually be
your gift to the world?

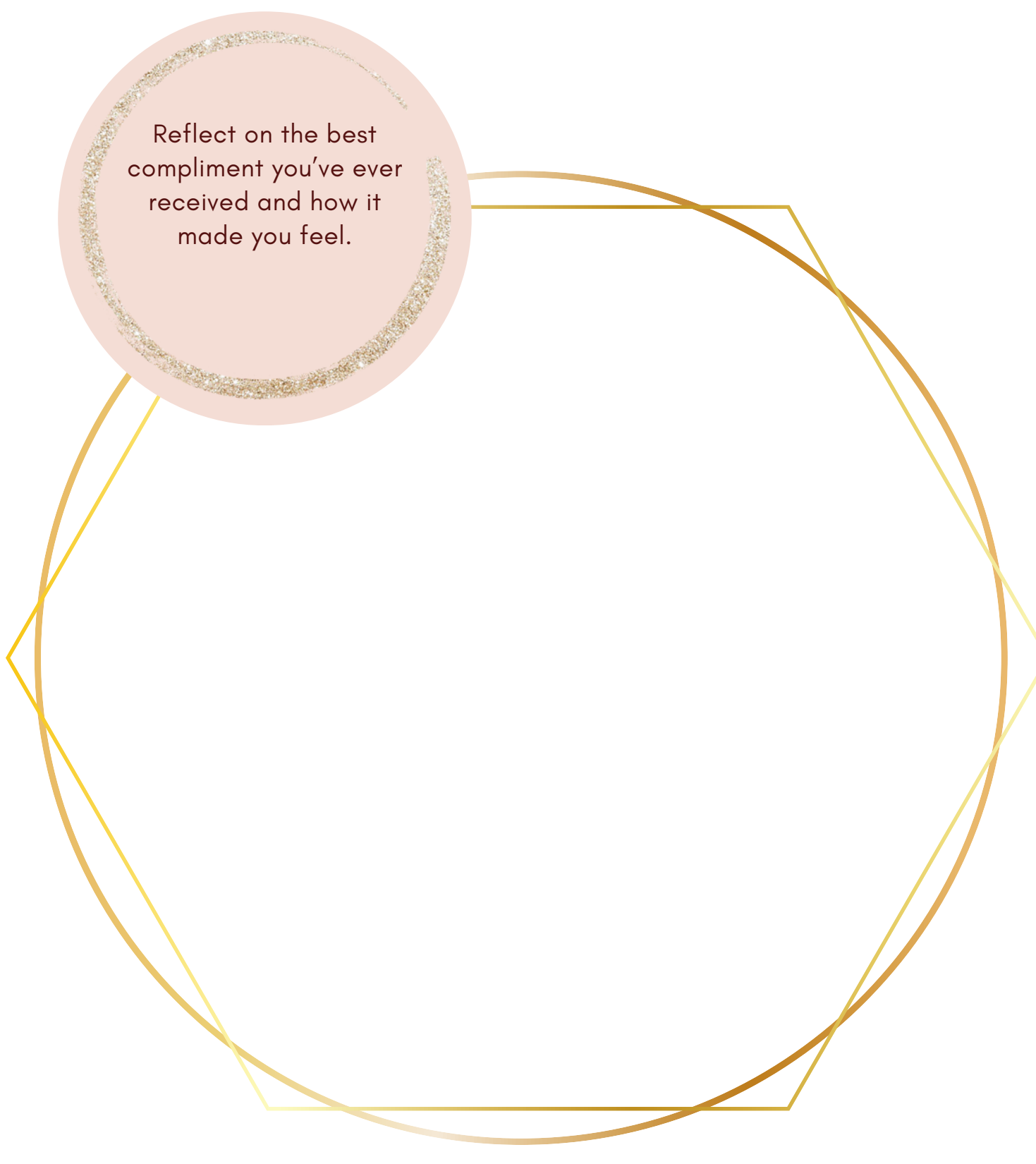


Self love is closely related to self respect. Write down 1-3 places you can set healthier boundaries with friends, family, clients and yourself

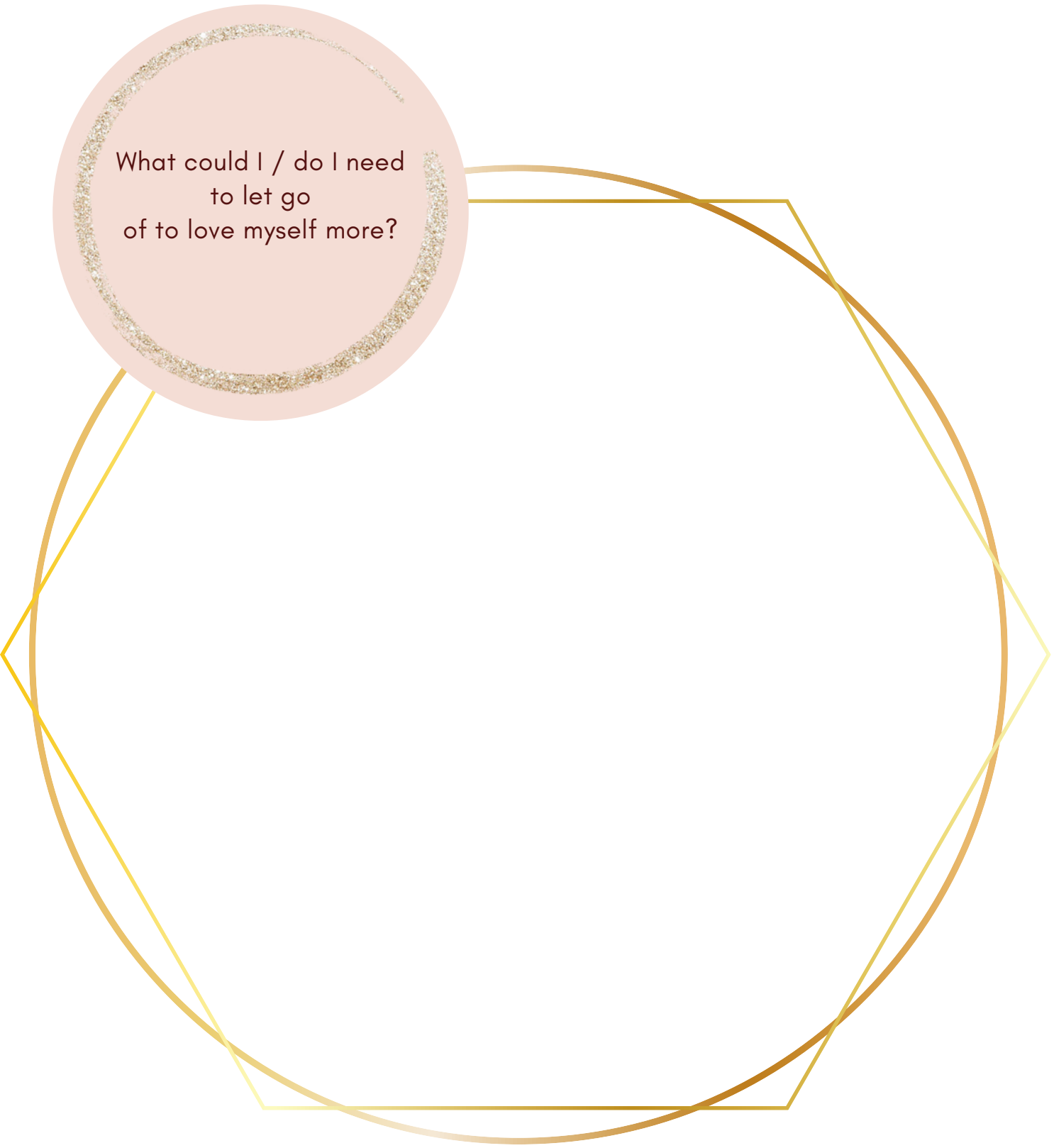




Write down 5 positive ways you've changed over the past 5 years. What do you think, feel, or have now that you didn't back then? Think self growth



Reflect on the best
compliment you've ever
received and how it
made you feel.

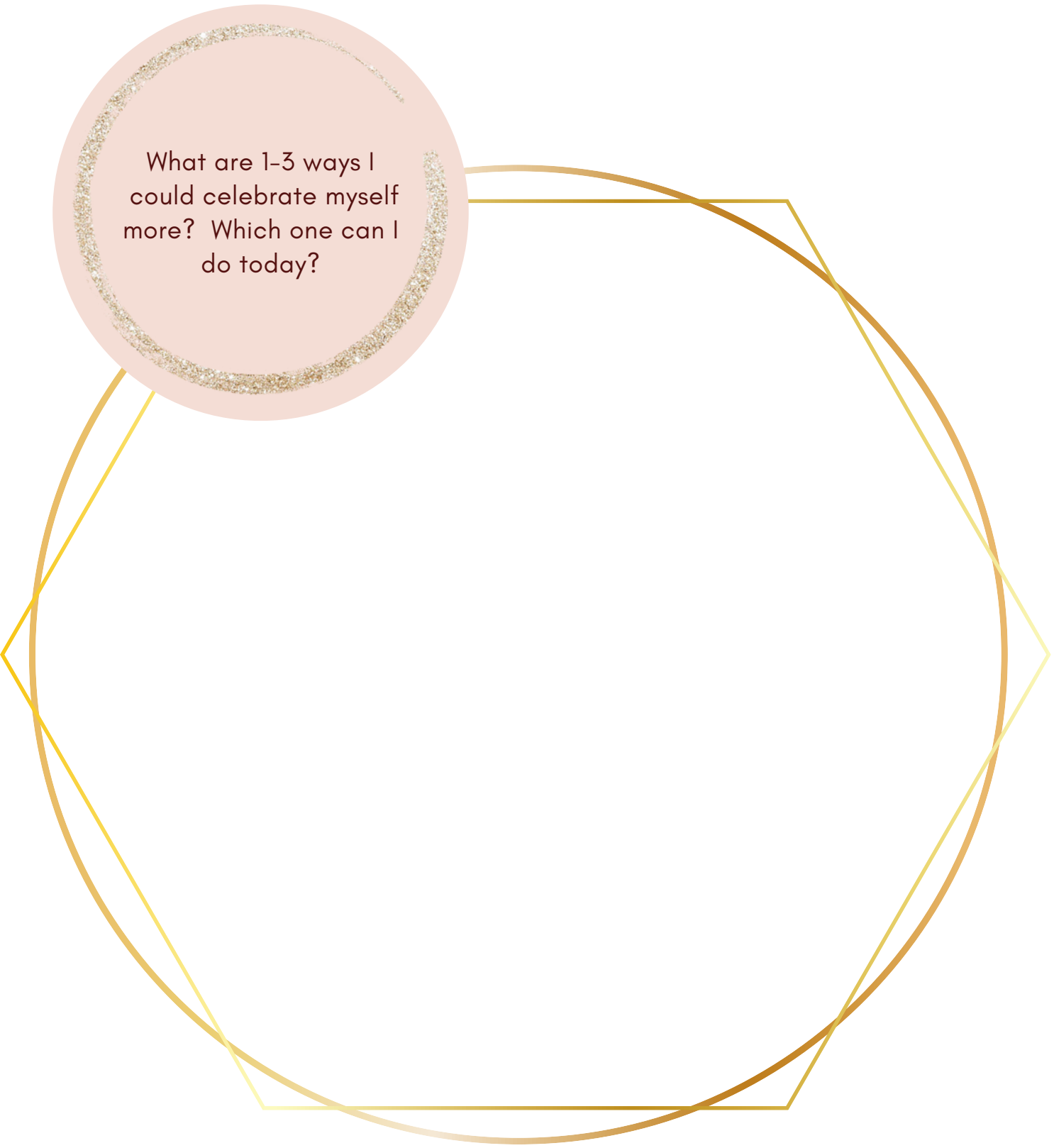


What could I / do I need
to let go
of to love myself more?

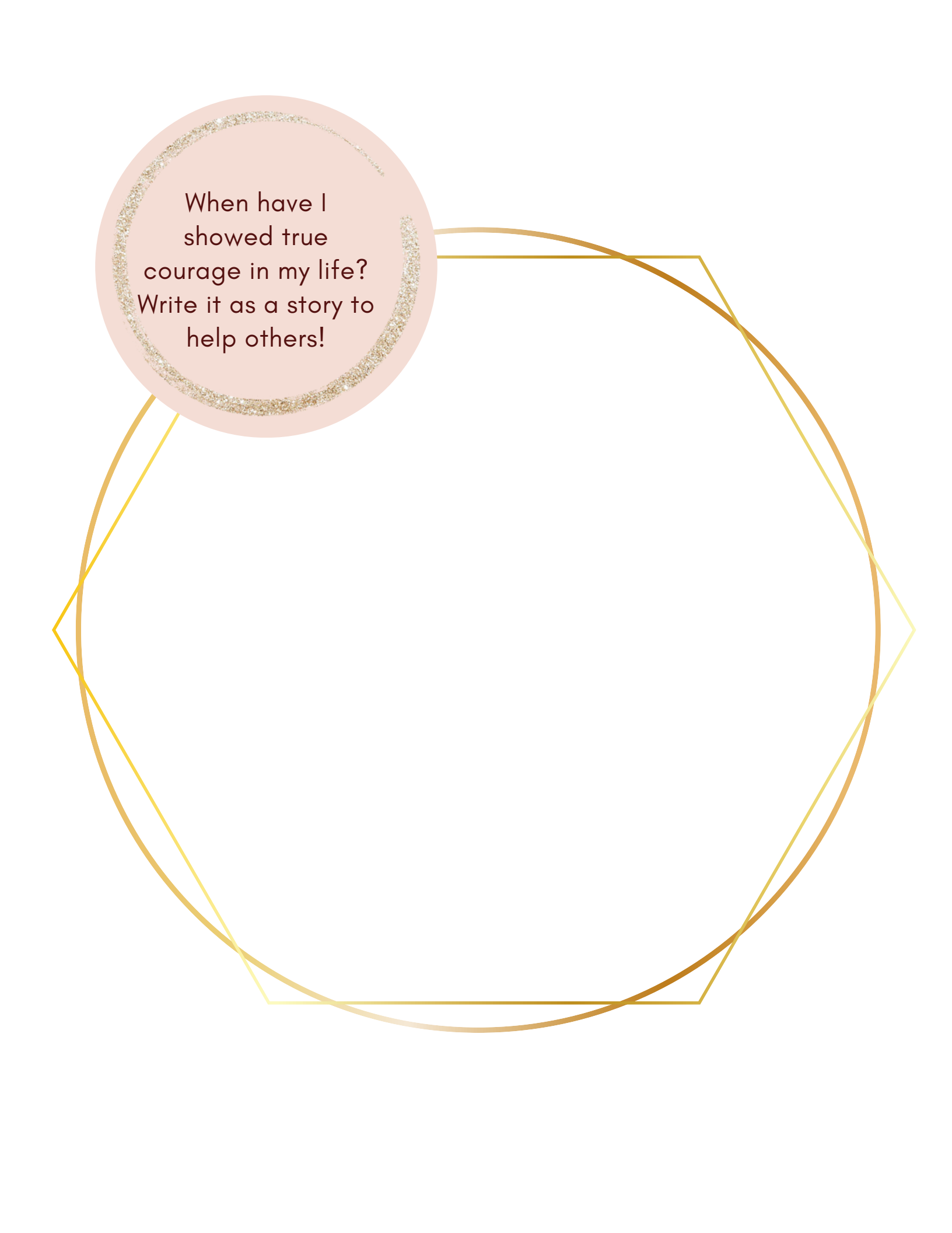


**She remembered who
she was and the game
changed**

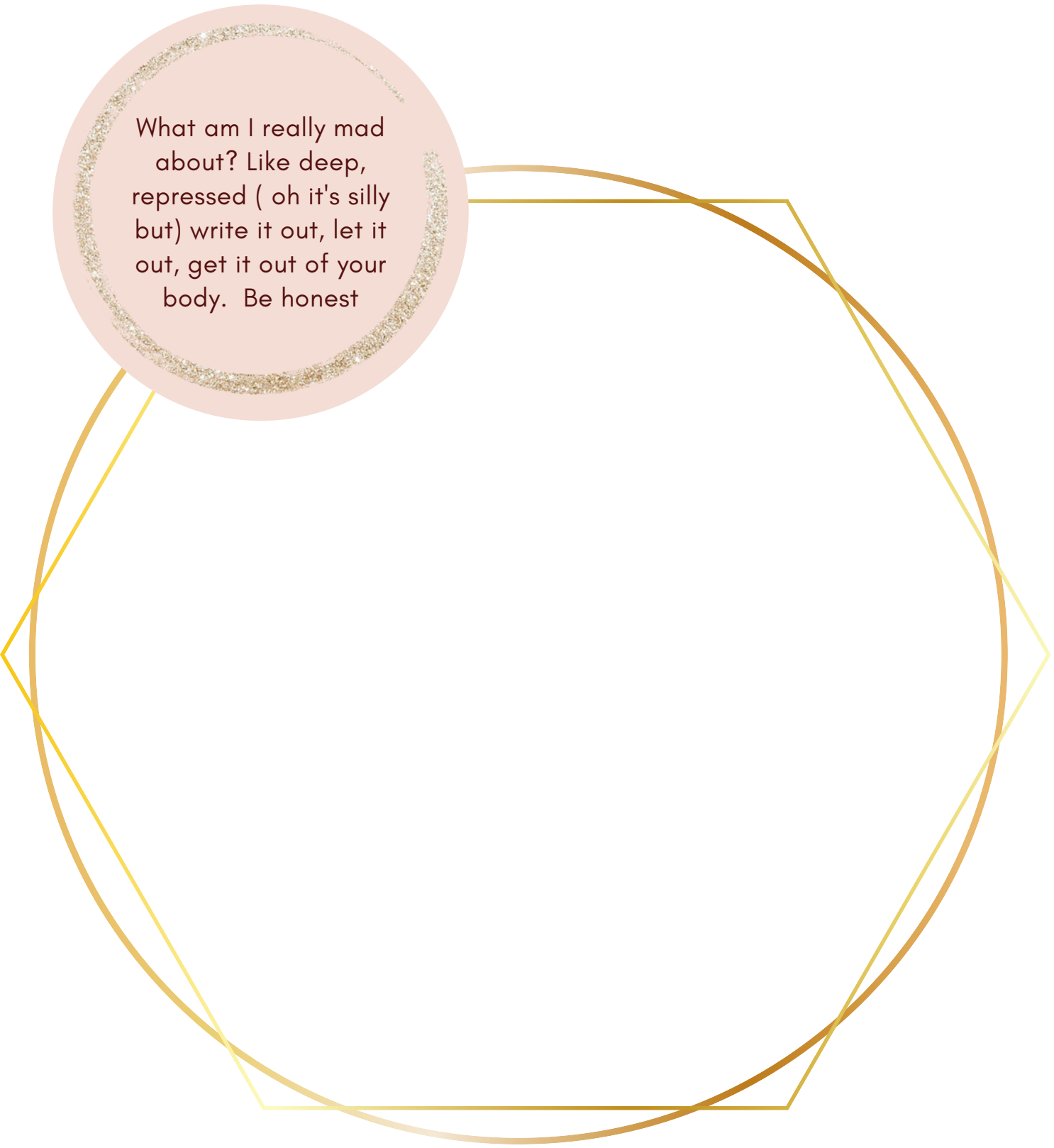
Lalah Deliah




What are 1-3 ways I
could celebrate myself
more? Which one can I
do today?



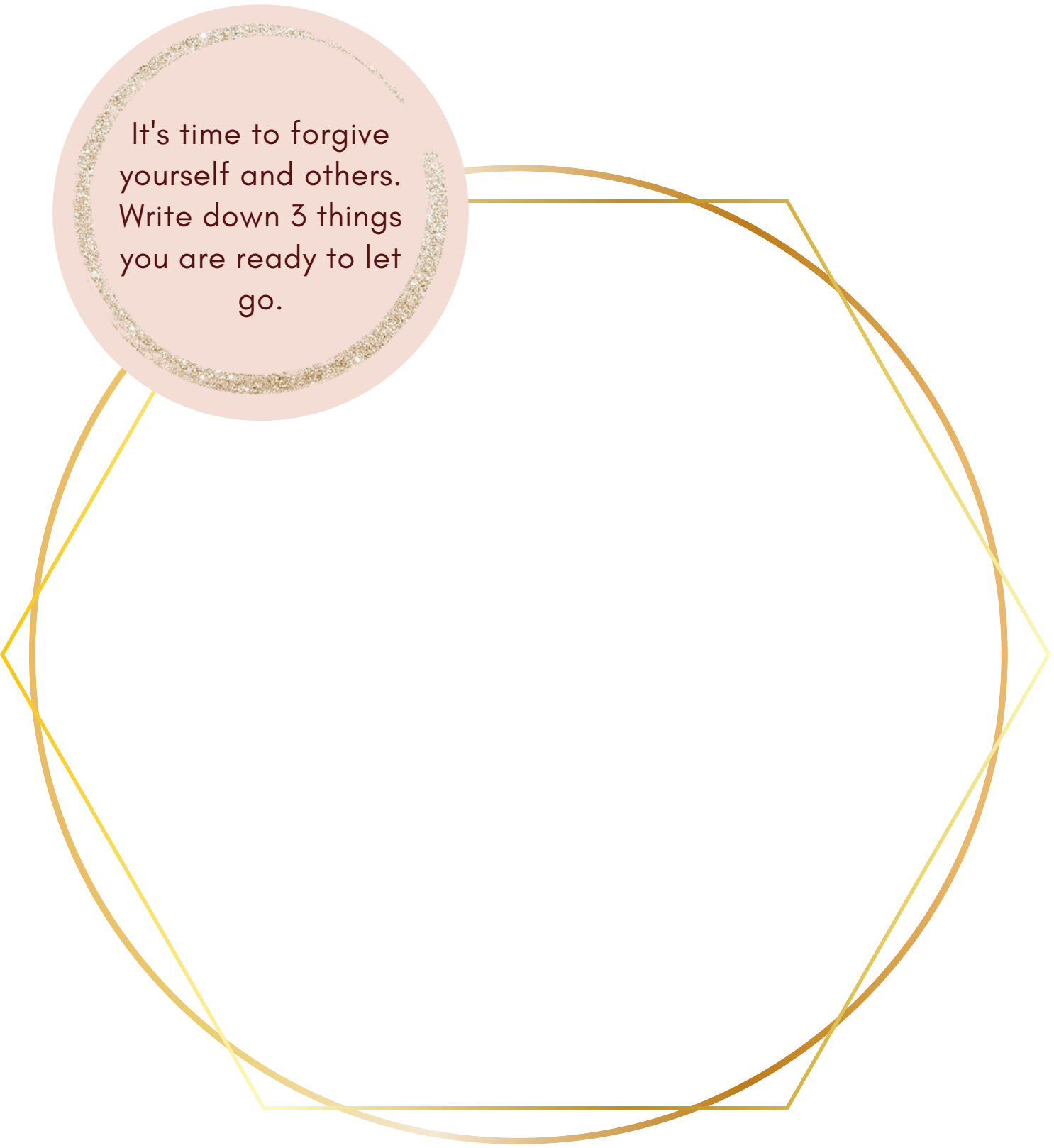
When have I
showed true
courage in my life?
Write it as a story to
help others!



What am I really mad about? Like deep, repressed (oh it's silly but) write it out, let it out, get it out of your body. Be honest



Where have you
been holding
judgment about
yourself? Can you
let it go?

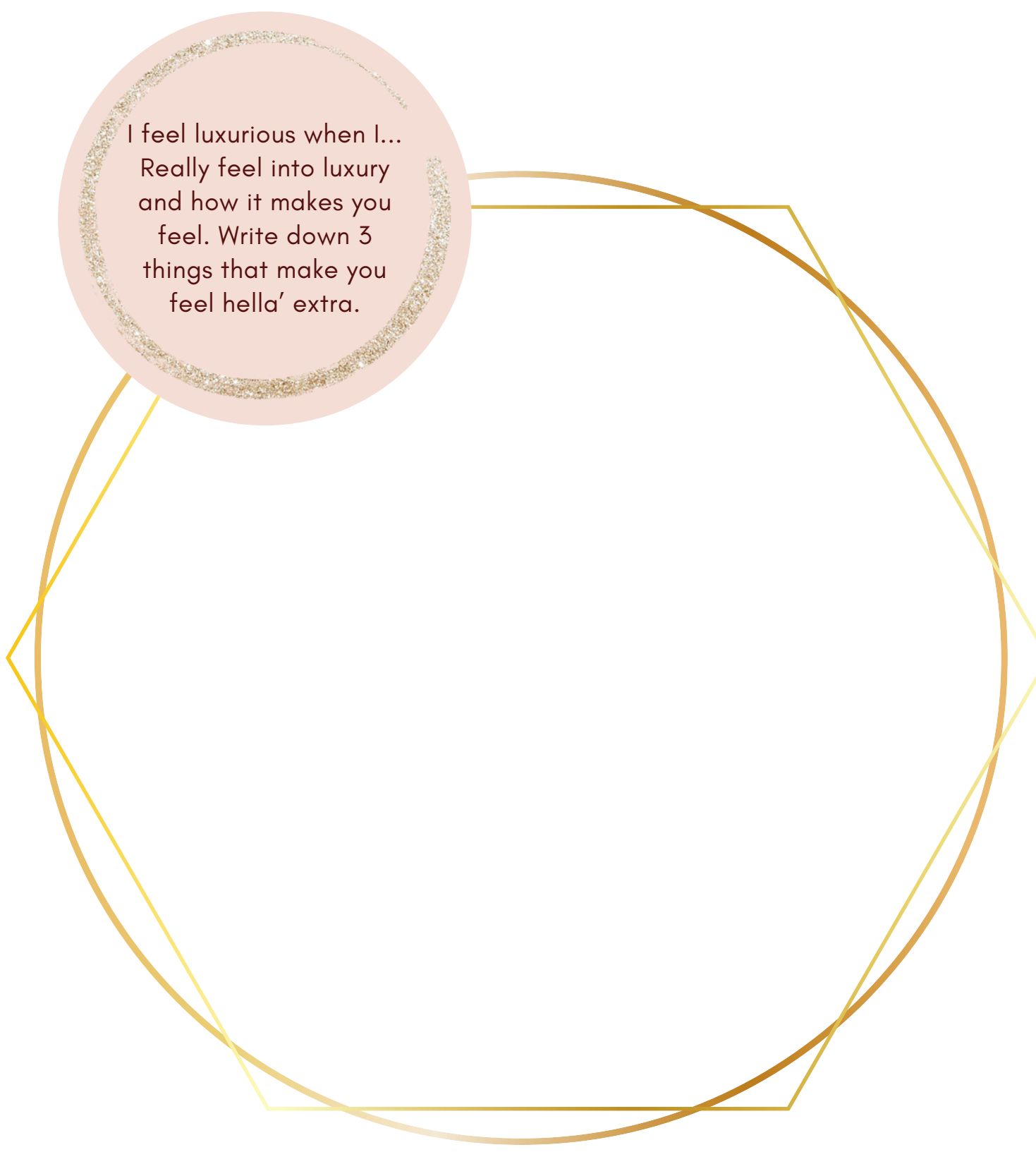


It's time to forgive
yourself and others.
Write down 3 things
you are ready to let
go.

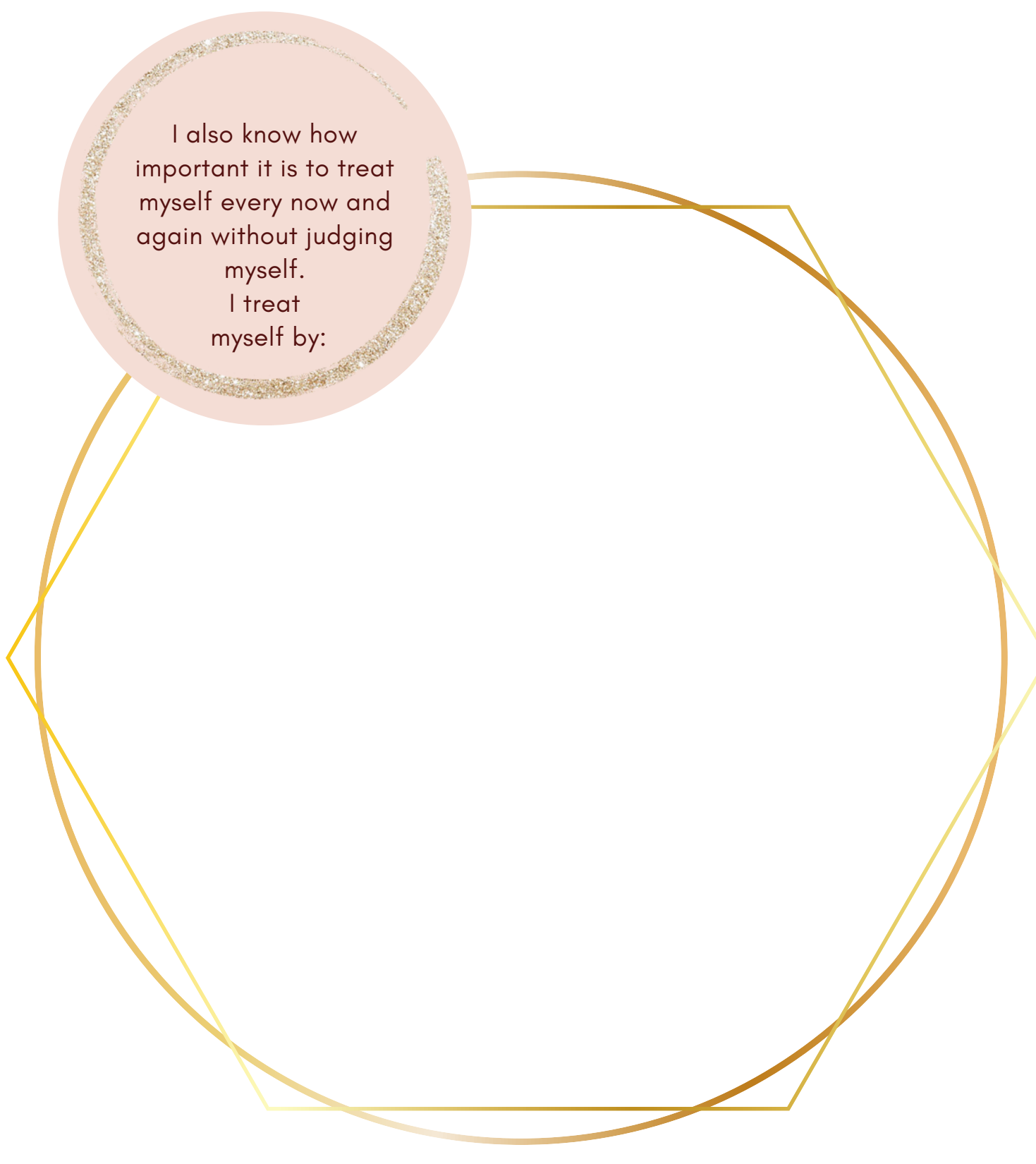
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**Talk to yourself like
someone you love**

Brene Brown

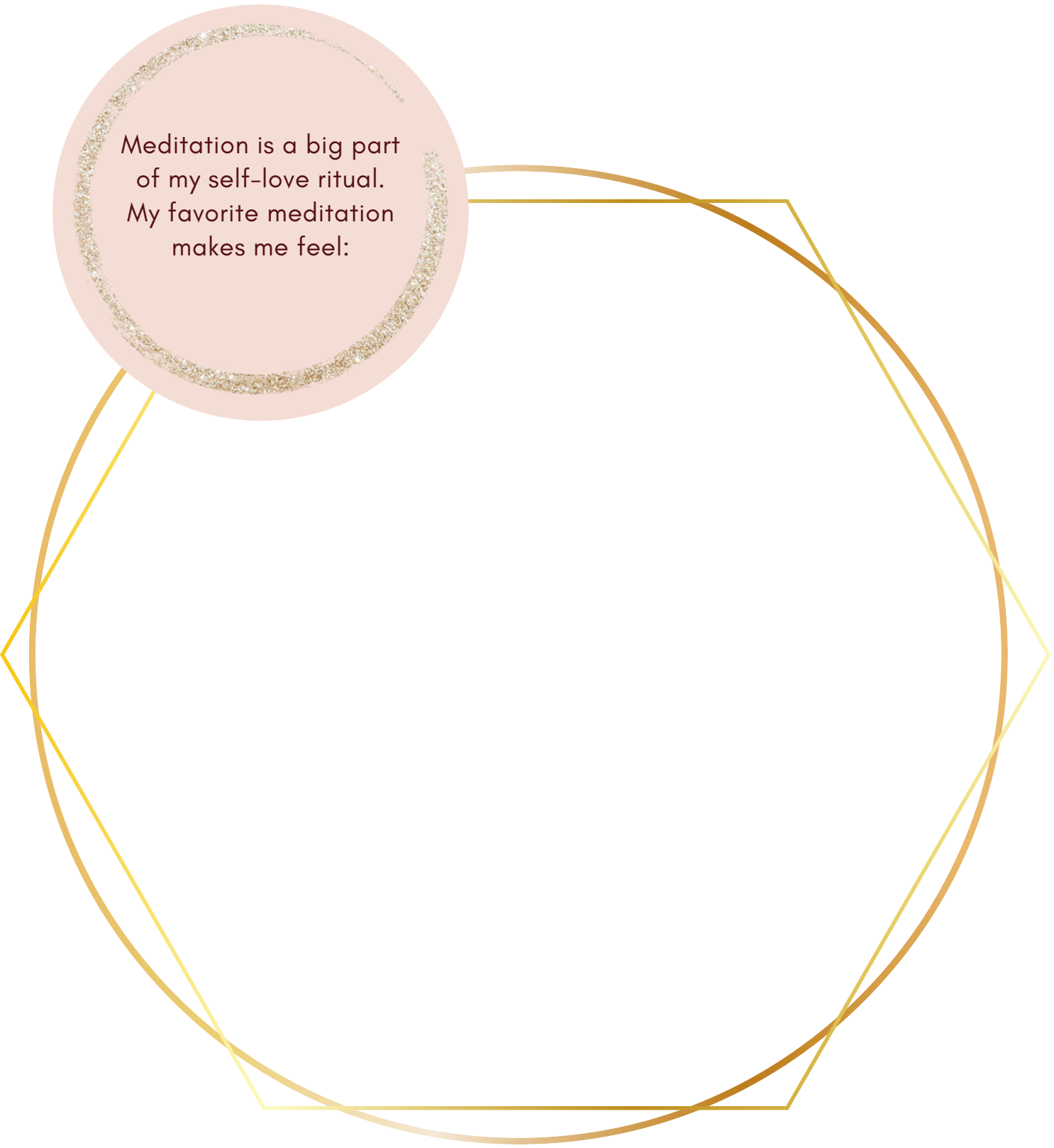


I feel luxurious when I...
Really feel into luxury
and how it makes you
feel. Write down 3
things that make you
feel hella' extra.




I also know how
important it is to treat
myself every now and
again without judging
myself.

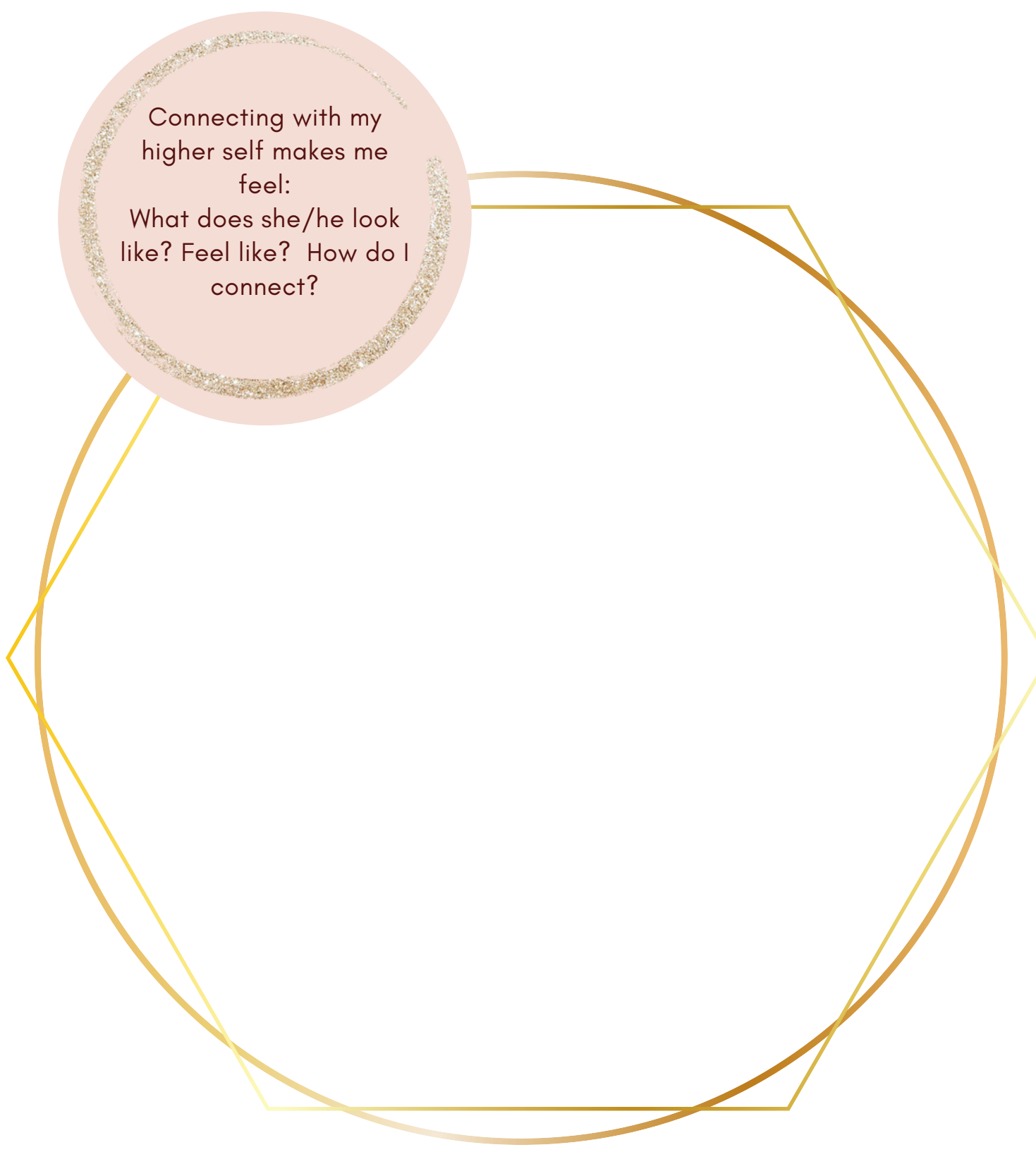
I treat
myself by:



Meditation is a big part
of my self-love ritual.
My favorite meditation
makes me feel:



Not only is moving my
body good for me,
it also boosts my
creative inspiration.
I enjoy moving my body
by:



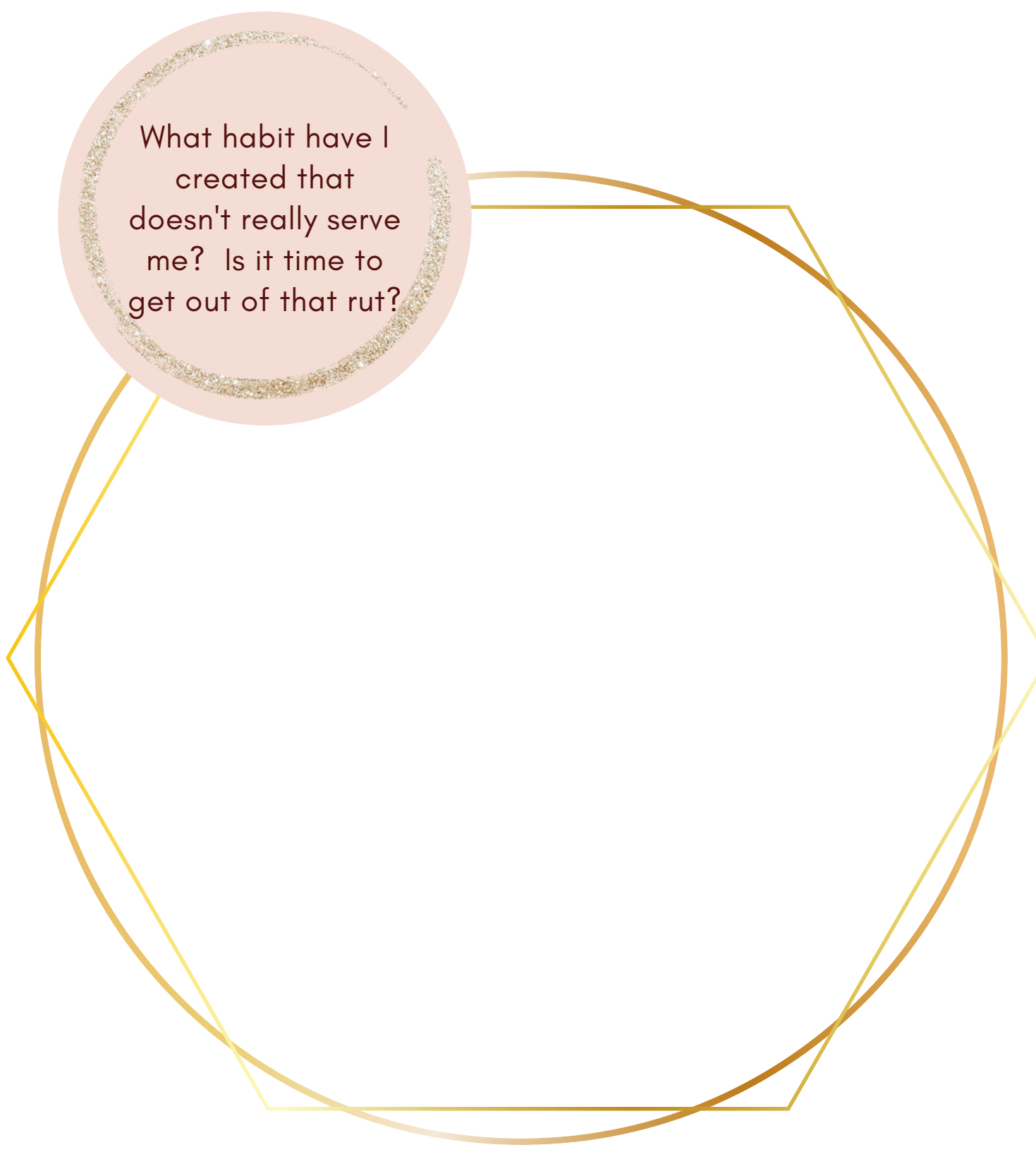
Connecting with my
higher self makes me
feel:

What does she/he look
like? Feel like? How do I
connect?

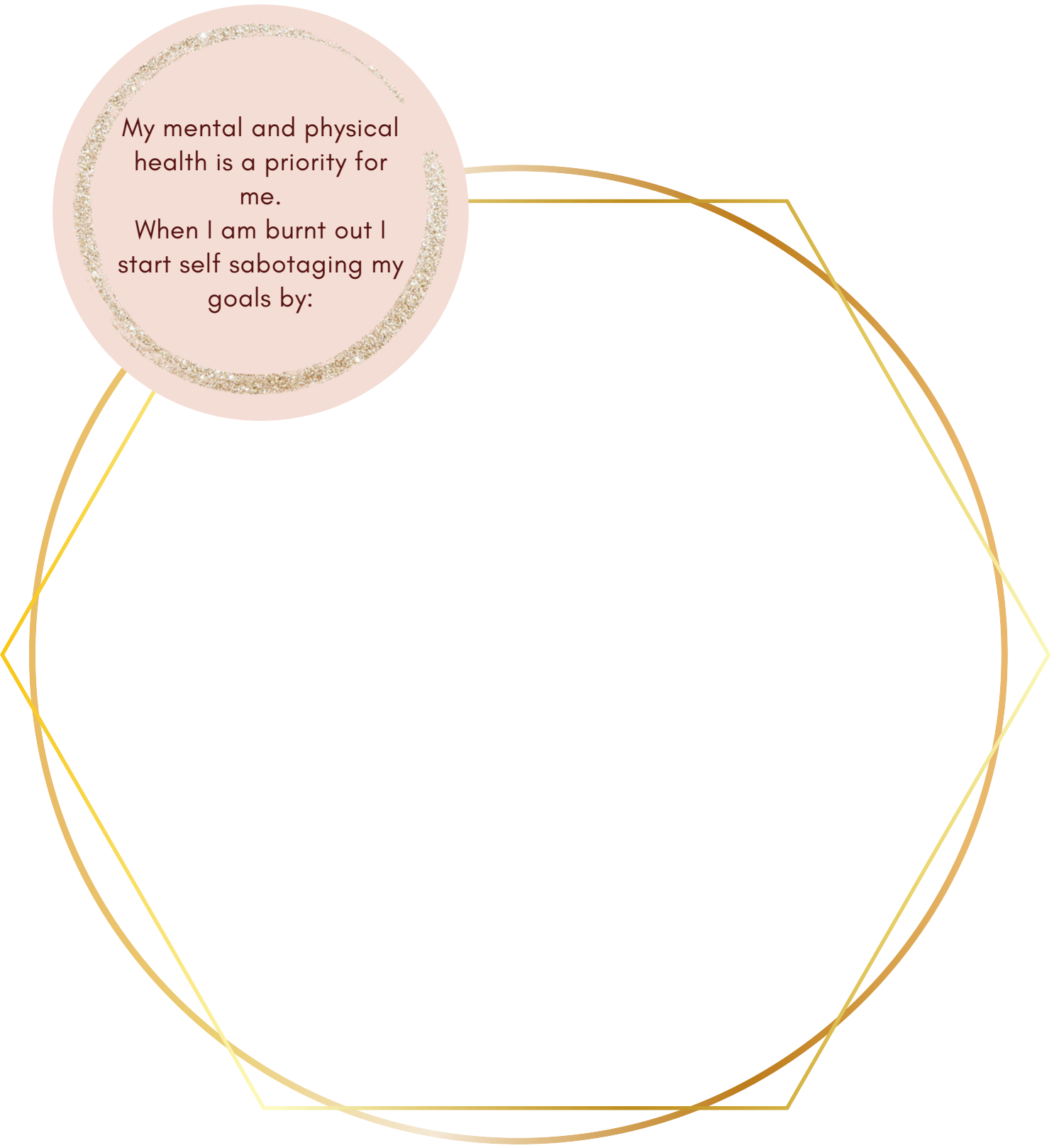
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**You carry so much love
in your heart, give
some to yourself**

R.Z.

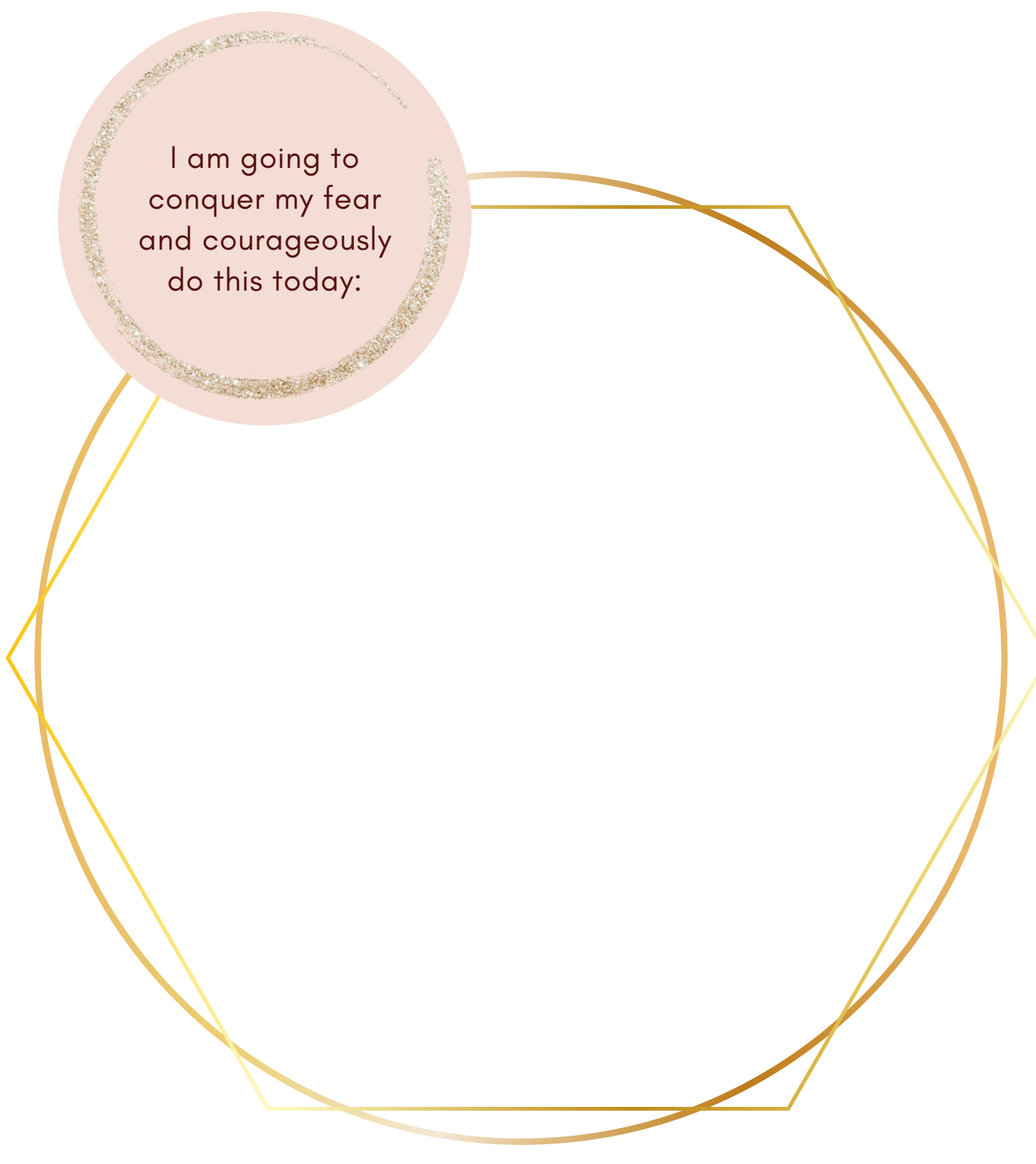


What habit have I
created that
doesn't really serve
me? Is it time to
get out of that rut?

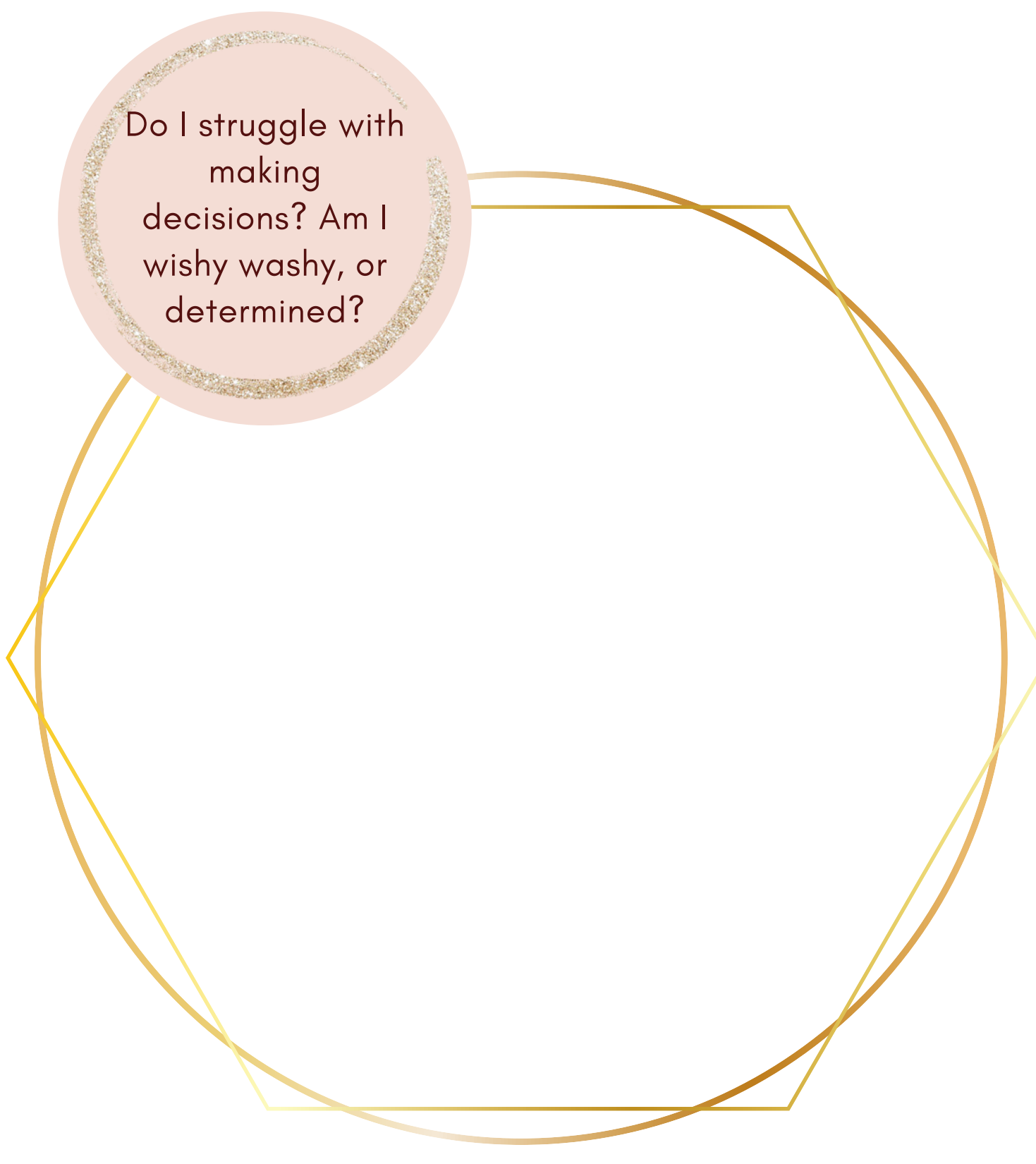


My mental and physical
health is a priority for
me.

When I am burnt out I
start self sabotaging my
goals by:




I am going to
conquer my fear
and courageously
do this today:



Do I struggle with
making
decisions? Am I
wishy washy, or
determined?




Go on a hunt and find
your favorite self love
or self care quote or
manta.
My favorite self care
saying
is:

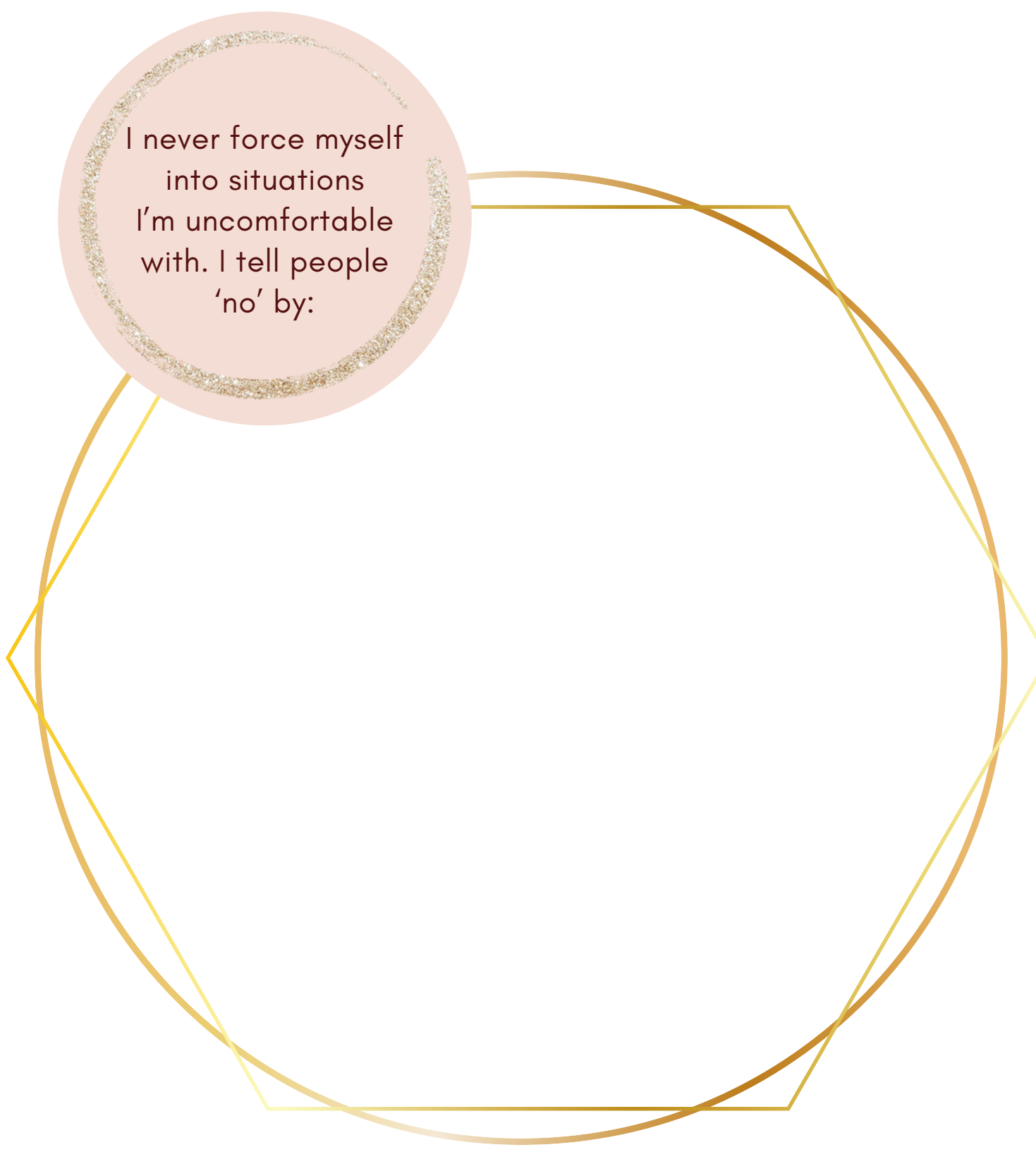


**Love yourself so much
that when someone
treats you wrong, you
recognize it**

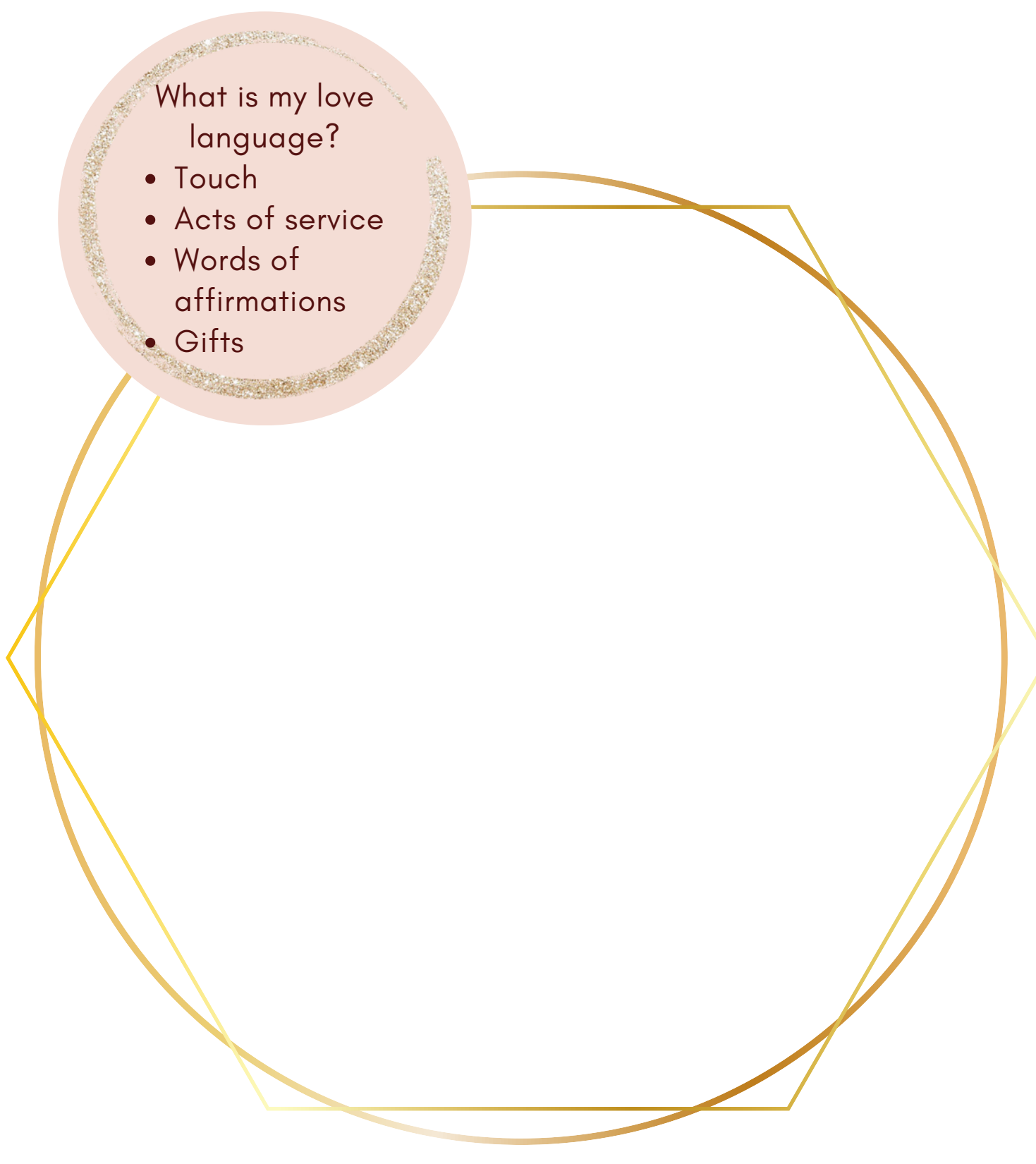
Rene Rose.



I felt so good when
I helped.....
write about a time
that you helped
another person and
felt good about it.

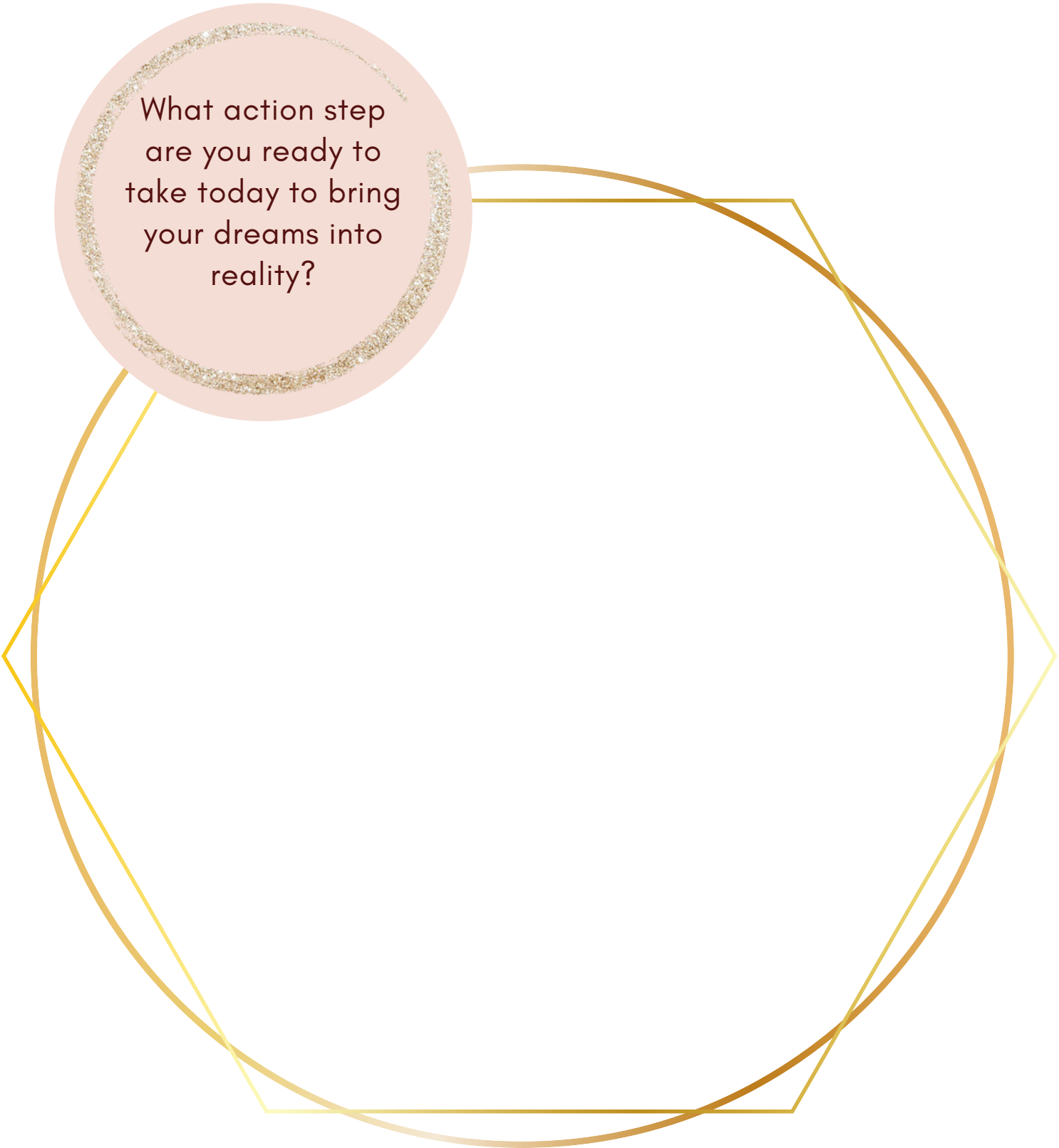


I never force myself
into situations
I'm uncomfortable
with. I tell people
'no' by:

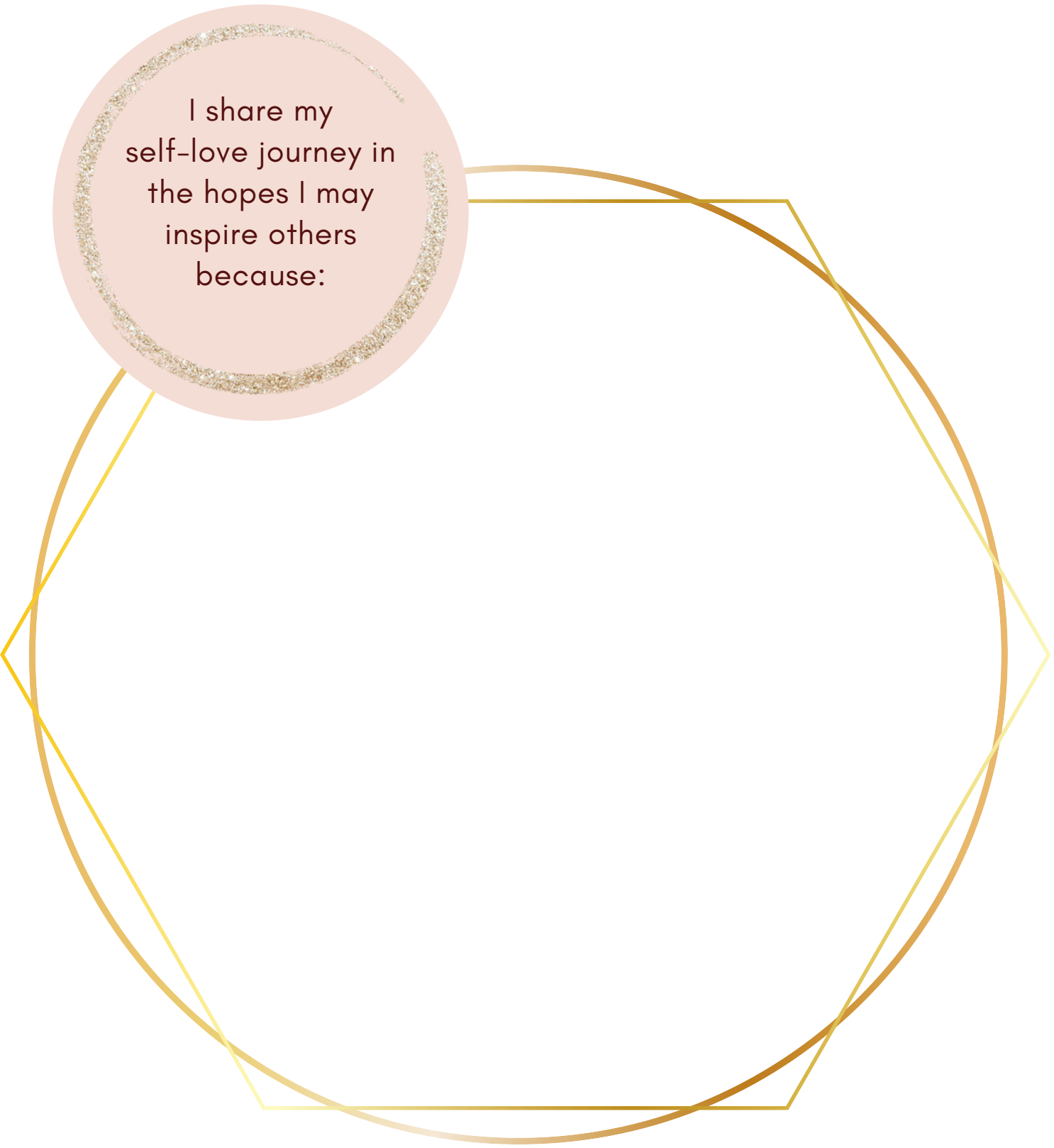
A decorative circular graphic with a gold glitter border and a gold geometric frame. The frame consists of a circle and a hexagon overlapping each other. The text is centered within the circle.

What is my love language?

- Touch
- Acts of service
- Words of affirmations
- Gifts



What action step
are you ready to
take today to bring
your dreams into
reality?



I share my
self-love journey in
the hopes I may
inspire others
because:

How do you feel? My hope is that these prompts have inspired you to dig deep. Self love is also being radically truthful.

Hopefully you've discovered a few new things about yourself & have a new feeling of love for who you are, what you've done in life and (best of all) what you're potential is.

Celebrating YOU For Finishing



Go through them in one sitting—and then revisit them at a later date. You may find that as you get deeper into your self love journey that these answers change every year.

Use the prompts daily for 30 days. I am currently running a social media challenge and you can use these prompts every morning for one month.

Have a journal party online or in person with friends. Grab a coffee and your favorite journal prompt and connect through conversation.



THANK YOU

I hope you found this resource guide helpful, and you are able to use it in your business, life and relationships. If you have any questions, comments or feedback, I would love to continue our conversation. You can visit my [website](#) to grab your free human design chart, sign up for my emails and check out my other offers to support you as a soul-based business owner.

