



SELF-LOVE
JOURNAL
DAILY and WEEKLY



DAILY SELF-LOVE JOURNAL



Mood:



Date:

Empowering affirmation

I feel good about myself
because...

Today, I forgive myself for...

Reflection

Reminder



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WEEKLY SELF-LOVE JOURNAL

Mood:



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Monday

Three positive things about me...

Tuesday

I feel good about myself when...

Wednesday

Things I should do when I'm sad...

Thursday

Things I should do when I'm Bored...



WEEKLY SELF-LOVE JOURNAL



Mood:



Date:

Friday

Things I should do when I feel tired...

Saturday

Things that made me happy today...

Sunday

I will challenge myself to...

Notes:





WEEKLY SELF-LOVE JOURNAL

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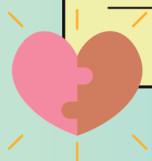
I will challenge myself to...

Notes:



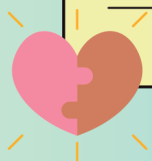


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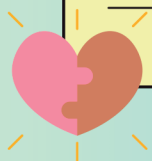


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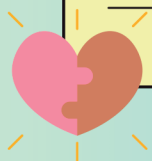
😊 😊 😐 😞 😓

Date:

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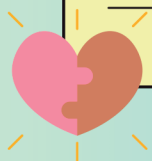
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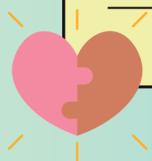


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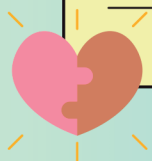


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Date:

This image shows a blank sheet of yellowed, lined paper, likely from a notebook or ledger. The paper has horizontal ruling lines spaced evenly down its length. In the bottom-left corner, there is a decorative graphic consisting of overlapping circles in shades of pink and red, with small orange lines extending upwards from them. The paper appears slightly aged with some minor discoloration.

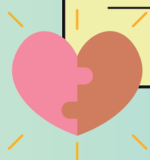
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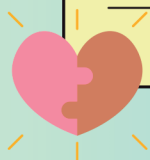
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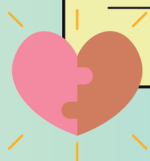
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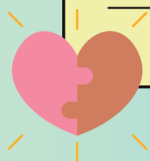


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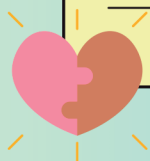


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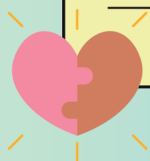
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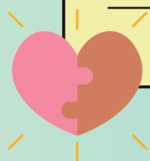
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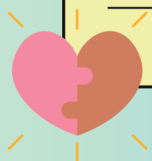
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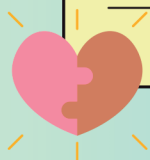
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