



SELF LOVE  
*Journal*

OWN YOUR HAPPINESS, SUCCESS  
AND UNSHAKABLE CONFIDENCE

—  
JENNIFER HENCZEL

[WWW.INSPIRINGSHOW.COM](http://WWW.INSPIRINGSHOW.COM)

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# ABOUT *the author*



HI, I'M *Jennifer*

## AND I HAVE CREATED A SUCCESSFUL COMMUNITY OR TWO IN MY TIME

Hi, my name is Jennifer Henczel and I'm a Podcaster, Author, Encouragement Coach and Founder of the Women in Podcasting Network and Inspiring Innovators Club. My mission is to lift women's voices and stories globally. If we've met, then you probably know I'm known for my ability to build inspiring, supportive and collaborative communities. I love creating opportunities for women to connect and collaborate in meaningful ways.

What you might not know about me is that I've been coaching and creating courses online since the beginning of the internet. I have my Provincial Instructor's Diploma, which in my region, means I'm qualified in creating curriculum and instructing adults. I've been creating training and learning assets in the form of worksheets, workbooks, journals, guides, systems, frameworks, blueprints and roadmaps for along time. Now I help others build communities around their message.

Now, I want to share all that knowledge and expertise with you. So, I created this package to help you get started fast with tools, templates & trainings you can use in your life and business right away. **Let's get started!**

*You Are Enough*



# what's included

## 01

### SELF LOVE QUIZ

*Do you truly love yourself? It's time to start appreciating who you are take the self love quiz and discover your self love score.*

## 02

### 14 DAY SELF LOVE JOURNAL

*After 14 days using this journal you will feel greater ease, happiness and confidence*

## 04

### SELF LOVE PRACTICES

*Let's be honest life can sometimes have us feeling stuck in a web of emotions and negative thoughts, these exercises will help you shift this energy*

## 05

### DAILY SELF CARE CHECKLIST

Take back your power and claim your success with this daily self-care checklist



# HOW MUCH DO YOU LOVE YOURSELF?

Let's discover together your self-love score. Get yourself comfy and rate these statements on a scale of 0 to 5, and when finished, add up the total score. Remember there are no right or wrong answers trust yourself

0 = Never

1 = Very rarely

2 = Sometimes when I'm feeling good

3 = Frequently

4 = Almost always

5 = Always

**1.** I believe I am worthy and deserving of love. and all my desires from life

0 1 2 3 4 5

**2.** I believe I am important and my dreams matter

0 1 2 3 4 5



**3.** It's easy for me to speak my truth and stand up for myself

0 1 2 3 4 5

**4.** I am able to ask for what I need and for what I want

0 1 2 3 4 5

**5.** When I look in the mirror, I feel good about myself

0 1 2 3 4 5

**6.** When someone compliments me on a job well done, I thank them celebrate myself

0 1 2 3 4 5

**7.** I think it is okay to make mistakes and not always get things perfect

0 1 2 3 4 5



8. Whenever I feel stressed I give myself the time and space for self care and reflection

0 1 2 3 4 5

9. I feel really comfortable in my own skin and confident in who I am

0 1 2 3 4 5

10. I don't need the approval of others to allow good things to flow to me.

0 1 2 3 4 5

### Your Score

**40-50** = LOVE IT! You have a healthy dose of self-love. Keep growing, keep showing yourself love. And remember that self love is an ongoing process

**30-40** = Love, you're well on your way. Keep taking time throughout the day to remember how deserving and important you are..continue to make time for YOU

**20-30** = Self-love is a bit of a rollercoaster. There are times you feel worthy and other times you struggle. Keep doing the inner work and believing in yourself. Know it's safe for you to love yourself and speak up

**10-20** = Your self-love could do with a boost. Self-love can be a struggle. My love you are in the right place to learn how to love yourself. Keep reading

**0-10** = You have some self love work to do but that is okay. I was the same. It is time to love and appreciate who you are and build a new foundation of self-love. - you deserve it.

# FIVE MINUTE SELF-LOVE PRACTICES



**Get back to your roots.** Go outside and take a deep breath in through your nostrils and exhale through your mouth. Feel the sensation of your lungs filling with air and notice the calming effect on your body. Take in your surroundings and experience each sensation like how the air feels on your face



**Release:** OK so we all experience anger or a blind feeling of rage as our blood courses through our systems. This doesn't make you bad, but we do need to release this energy. I have two favourite methods.

1: Get a wooden or plastic spoon and hit a pillow saying all the things you want to say.

2: Have a good old scream into a pillow. Seriously it works like magic



**Express.** Sometimes we just need to have a good old rant or pity party of one. And that's ok. Grab a pen and paper and write out all your thoughts and feelings. Got things you want to say to someone? Write them a letter, not to send but to allow yourself to express your feelings. Let yourself go.

# FIVE MINUTE SELF-LOVE PRACTICES



4

**Listen closely.** Lay flat on the floor with your hands placed facing up and your legs separated (start fish style) Close your eyes, paying attention to the sounds you hear around you. Just listen and notice without judging. There are no good or bad sounds. They just are. Feel all parts of your body, tune into your heart beating and bring to mind something you love. Now spread through your body like a light.



5

**Self-soothe with touch.** We do this for those we love, now it's your turn. Practice soothing yourself physically in some way, perhaps gently rub your chest, stroke your arm, massage your neck or your forehead. Notice the physical sensation and feeling of comfort and allow yourself to feel without judgement.

# FIVE MINUTE SELF-LOVE PRACTICES



**Activate.** Standing up as you take calming breaths rotate your hips in circles a few times each way. Get your Shakira/Beyonce hips moving. What this does is not only feels so good but it activates your womb space...your place of power and certainty.



**Stretching.** Feel that tension in your muscles, those aches and pains? Often that is caused by unprocessed emotions. So take some time out every day you stretch and release. Yoga is great and YouTube is filled with awesome yoga videos (even 5-minute ones). Heads up when you do notice pain in your muscles check in and ask them what they are telling you. Remember our bodies are sending us signals and messages as are our emotions

.

# FIVE MINUTE SELF-LOVE PRACTICES



## **Declutter your space**

Am I suggesting you clear out your closet and undie draw? Yes. But don't stop there look around your office, your purse/wallet, car, bedroom floor, under the bed ...essentially your entire environment. Put in some music, make it fun or then this into a cleansing ritual but clear out all the things that drag your energy down. Pick things up, see how they make you feel. If the energy is heavy it's time they found a new home.



**Go on a blessing rampage.** What your going to do is everything you touch and see you're going to say out loud "Bless you \_\_\_". For example: "Bless you lounge, bless you plants, bless you warm blanket, bels you coffee, bless your computer and technology" (that's just what I am seeing within 20 seconds as writing this)

You go on this rampage up until you feel your energy and emotional state shift and transform. I usually end up smiling like a crazy woman after this. And yes I have used this when feeling hot anger and it shifted.

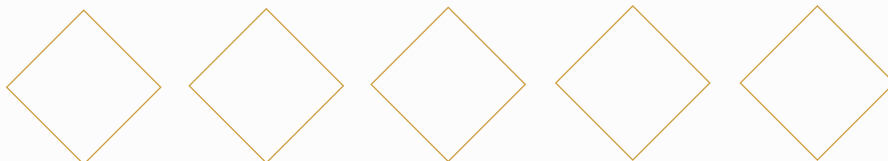
# Self Love Journal

Day One:

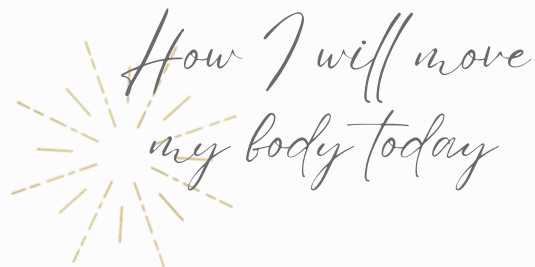


Date:

My Mood Today



3 things I'm grateful for...



Three horizontal dotted lines for writing gratitude items.

## Things I Want To Get Done

## AFFIRMATION OF THE DAY:

## Journal Prompt

If I had 5 million in the bank and everything I needed to succeed I would....

Three horizontal dotted lines for writing the journal prompt response.



- Five empty checkboxes for tracking task completion.

# Self Love Journal

Day Two:

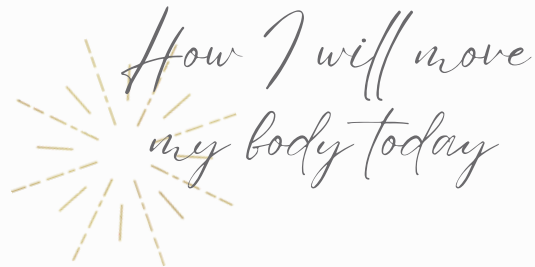


Date:

My Mood Today



3 things I'm grateful for...



Three horizontal dotted lines for writing gratitude items.

Things I Want To Get Done

AFFIRMATION OF THE DAY:

Five horizontal lines for a to-do list, each with a small square checkbox to its left.

Journal Prompt

How can I love myself unconditionally

Three horizontal dotted lines for writing the journal prompt response.



# Self Love Journal



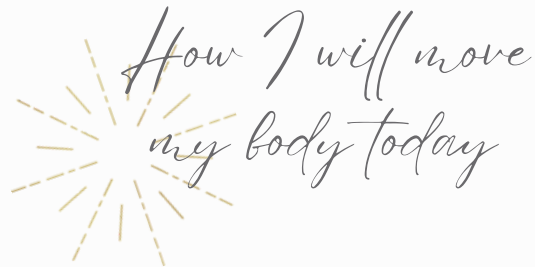
Date:

Day Three:

My Mood Today



3 things I'm grateful for...



.....  
.....  
.....

Things I Want To Get Done

AFFIRMATION OF THE DAY:

Journal Prompt

If I knew that I always made the best decisions I would ...

.....  
.....  
.....



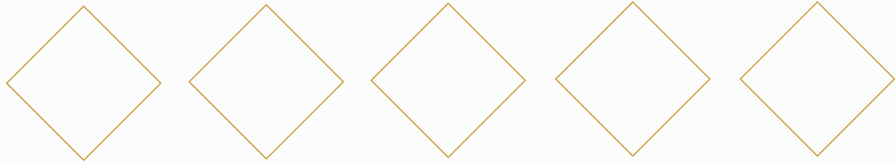
# Self Love Journal



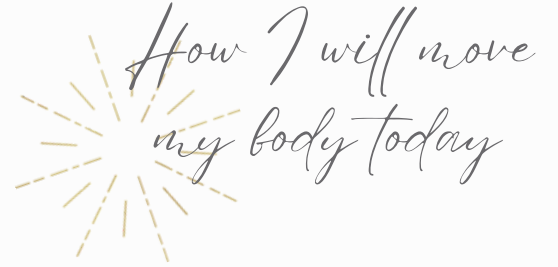
Date:

*Day Four:*

My Mood Today



3 things I'm grateful for...



.....  
.....  
.....

Things I Want To Get Done

AFFIRMATION OF THE DAY:

**Journal Prompt**

Three steps I can take this week to get closer to achieving my goals and dreams are...

.....  
.....  
 .....

.....  
.....  
.....





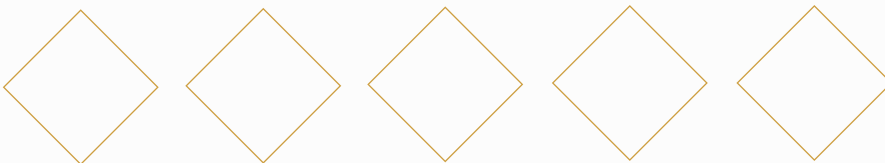
# Self Love Journal



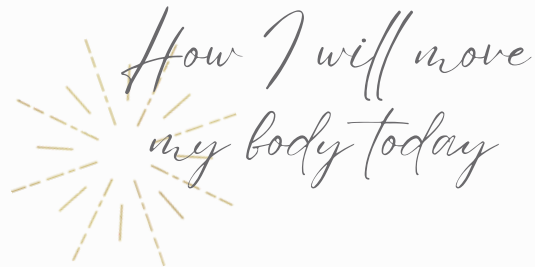
Date:

Day Six:

My Mood Today



3 things I'm grateful for...



Three horizontal dotted lines for writing gratitude items.

Things I Want To Get Done

AFFIRMATION OF THE DAY:

Journal Prompt

Three things I am really good at are..

Three horizontal dotted lines for writing journal prompts.



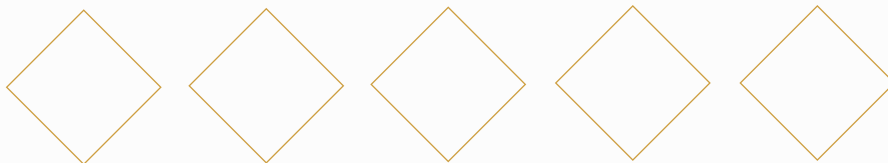
# Self Love Journal



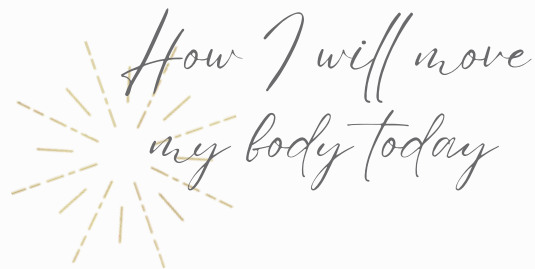
Date:

*Day Seven:*

My Mood Today



3 things I'm grateful for...



.....  
.....  
.....

Things I Want To Get Done

AFFIRMATION OF THE DAY:

**Journal Prompt**

What does choosing myself look like

.....  
.....  
.....



# Self Love Checklist

- **Stay Hydrated**
- **Journal out my goals and dreams**
- **Practice positive affirmations**
- **Move my body.**
- **Unplug from technology for at least 30 minutes**
- **Nourish my body and eat healthily**
- **Get to bed early**
- **Feed my mind (podcast, read a couple of pages of a book, inspirational Youtube)**
- **Spend 5 minutes visualizing my goals as done**
- **Clean Up**
- **Give a compliment today**
- **Write 3 things I am grateful for**

