



Journaling for Self-Love

CONFIDENCE COACHING
DONNA
BUSINESS
Louise

A brown leather notebook is the central focus, lying flat. A pencil is positioned diagonally in the upper left corner. Dried, pressed herbs are scattered around the notebook, with a sprig of thyme-like herb on the right and some greenery tucked under the notebook. The background is a light-colored, textured fabric.

*Find yourself the best notebook that
you can afford....*

Then every morning as part of your morning routine, practice writing a paragraph.

This journal will contain prompts that you can use and work with as a guide. Use these to get you start and make up your own, to suit your style.



Part 1:

Think the Thought

I am enough...

Today I choose to feel...

I am strong because

I feel grateful for...

I feel happiest when...

I feel proud of myself for

I no longer need

Today I accomplished ...

I deserve to be loved because...

Ten things I love about me ...

Five things that bring me joy ...

I am a beautiful person because...

My perfect day looks like....

What do I need

What do I want ...

I feel safe when



Part 2:

Powerful Questions

What positive character traits do you have?

Who appreciate you?

What is 'enough' for you?

What do you love about you?

What emotions do you feel or associate with confidence?

What is your best compliment ever?

Who are your role models? Are you like them?

What is 'love' for you?

What do you love about your life?

When do you feel happy?

What makes you physically happy?

What are areas in your life you need help with?

What do you need right now?

What can you do to change your mood?

Who appreciate you?

What makes you unique?

AROMATIC
SALT

HARMONY

BATH OIL

Vanilla

Part 3:

Write A Letter

Write a letter to yourself?

Write a letter to your future self?

Write a love letter to your least favourite body part

Make a list of affirmations

Make a list of inspiring quotes

Write yourself a letter the next time you feel sad or upset

Write a letter to someone who did you wrong

Write a forgiveness letter to anyone you think needs it

Write a letter to the body part you really dislike

Then go and burn them.....

Girl, I believe in you, go and
be the awesome soul you are
here to be!

Remember, there is no one like
you and that is your weapon!



Donna Louise

*I really appreciate
your support!*

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