



# SELF-LOVE JOURNAL

Date: \_\_\_\_\_ Month: \_\_\_\_\_ Year: \_\_\_\_\_

## Things that made Me Happy Today:

1. ....
2. ....
3. ....
4. ....
5. ....



## Priorities:



- .....
- .....
- .....
- .....

## My Mood Today:



## Self-Care List

- .....
- .....
- .....
- .....
- .....
- .....
- .....
- .....

## Dear Self:

