



SELF LOVE JOURNALING TRANSCRIPT



TRANSFORMATIONAL  
JOURNALING

with *Christa Potter*



# SELF-LOVE JOURNALING

## ▷ What You'll Discover

- Why Self-Love is So Important
- What Self-Love Journaling Is
- Ways to Love Yourself More
- How we can use Journaling to Boost our Sel- Love

## ▷ The Importance of Self-Love

If we don't love ourselves we can't truly love others or truly love and embrace our lives. It is so important to love ourselves, as we are in the moment, and to understand we are always doing the best we can with what we have right now. No matter what mistakes we have made or flaws we feel we might have we are all worthy of being loved. That love starts with US. Loving ourselves does not mean we love everything that we do and say. It means we love and embrace ourselves as we are. No matter what may happen. If you are a mother I feel like this is one of the best ways of understanding how we can love ourselves. It doesn't matter how many stupid things your kids may do or how horrible they may behave or treat us. It doesn't matter how annoying they may be acting. No matter what, we love them unconditionally. Nothing they could do or say could make us love them any less. We may not like them sometimes, but we will always love them. THAT is how we need to love ourselves. It's a love that goes beyond everything else.



## ▷ What Self Love Journaling Is

Self-love journaling is journaling in a way that nurtures and develops self-love. I feel like there are two sides to self-love. Superficial ways to love ourselves more as well as the deeper soul level stuff. Both I feel are equally important. Journaling for self-love can help bring our attention to the things that we can love about ourselves as well supporting the behaviors that can develop that self-love.

## ▷ Ways to Love Yourself More

One of the ways you can love yourself more is by treating yourself with love and respect. This means taking care of the skin suit that is your soul's home in this life. Fueling your body with healthy foods that make you feel good and energized and exercising regularly really help support your self-love. It's about treating your body well because you love and respect it, not because you want to change it because you aren't happy with it. Think about it. When you are eating well and exercising you start to carry yourself differently. Even after only a few days you start making better choices and holding your head a little higher, feeling better about yourself and your body. It's not because we magically look different after only a few days of these healthier habits, it's because we are loving ourselves more. It makes us feel good. We are treating ourselves as important. Journal on the way you treat your body and why. What do you love about your body? How are you abusing it?

Another thing that really helps support your self-love is gratitude. Appreciating yourself. Appreciating the things and people in your life that make your life better. It's hard to love yourself if you're complaining all the time. Feeling grateful makes it easier to love yourself. This is one of the reasons developing an attitude of gratitude and practicing Gratitude Journaling from Module 2 regularly is so important.

Do at least one thing a day that makes you happy. Practice some good old fashioned self-care. Have a bath, sit down with a book and a glass of wine, get out in nature for a walk. Maybe you don't even know what you would enjoy. That's why practicing Self Awareness and Personal Discovery from Module 3 can be so powerful. Start getting to know yourself. Discover what brings you joy. That can be your daily act of self-care. Daily journaling can be your daily act of self-care!



This ties into the next thing you can do to increase your self-love. Make small positive improvements in your life every day. Self-love is about loving yourself exactly as you are while also loving yourself enough to be committed to your own personal growth so you can continue to step into a better version of yourself. To actualize your fullest potential. If you know you want to live a life of passion and purpose yet you're spending all your free time binging Netflix, or forgetting to pay your bills on time, it makes it challenging to hold onto that self-love.

One of the most powerful things you can do for your self-love is forgiving yourself. Nobody is perfect. We've all made mistakes. But the past is in the past and it's time to move on. Spend a good amount of time on the Forgiveness lesson in Module 6. Forgiving yourself is something that can dramatically transform the love you have for yourself.

Look at the people and the activities that you spend your time with. Are they lifting you up or dragging you down? Spend some time reflecting on this in your journal. Are you valuing yourself enough to spend your time with the right people and on the right things?

One of the most important things we can do to love ourselves is to live in integrity. Look back at Module 3 and the Journaling Your Purpose and Self Awareness lessons. What is your why? What are your values? What do you really want? Are your actions reflecting that? Are you living in integrity and in alignment with what matters to you?

Make the conscious DECISION to love yourself no matter what. Make it a daily priority. This is your life. You are the priority. Treating yourself as one benefits everyone around you.

## Journal Prompts

- Do you respect yourself? In what ways? Are some easier than others?
- What do you love about your body?
- How are you mistreating your body?
- Do you allow others to mistreat you? If you're being mistreated what do you do? How do you handle the situation?
- Are you mindful of your self talk? How do you talk to yourself? Is it positive or negative?
- Are you open to feeling loved by family and friends? How do you want to be loved?



- How can you show yourself that love?
- What are your biggest life goals and priorities?
- Are you living in alignment with them? If not, how can you start to?
- What do you need to forgive yourself for?



# Notes

A series of horizontal dotted lines for writing notes.

