

JOURNALING  
TOWARDS SELF-  
LOVE  
MINI-EDITION



# Workbook



# What brought you here?



PEOPLE MOVE ON A SELF LOVE PATH FOR MANY DIFFERENT REASONS. WHAT BROUGHT YOU TO THIS PART OF YOUR JOURNEY? WHY ARE YOU WANTING TO EXPLORE SELF LOVE?

## What feelings brought you to this path?

ANSWER THE QUESTION BELOW:



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# Could you be comfortable with negative feelings?

IN YOUR ANSWER ABOVE, YOU PROBABLY WROTE A LOT ABOUT FEELINGS YOU ARE HAVING THAT POINTED YOU TOWARDS A SELF LOVE PATH. USUALLY PEOPLE HAVE HIT A POINT IN THEIR LIVES WHERE THEY ARE TIRED OF THEIR NEGATIVE FEELINGS AND WANT A CHANGE.

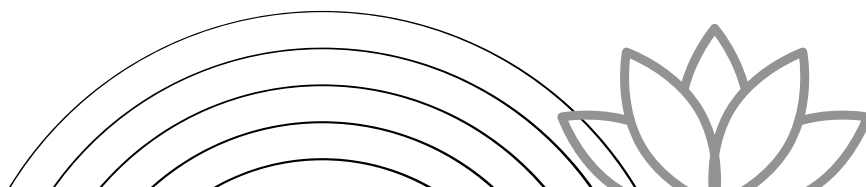
BUT, CONSIDER THIS, THERE MIGHT BE SOMETHING IN YOUR PAST THAT HAS YOU FEELING COMFORTABLE WITH CHAOS, ANGER, OR REJECTION. EVEN THOSE THESE THINGS DO NOT SUPPORT OUR SELF LOVE, THEY MIGHT BE FAMILIAR AND MOVING INTO NEW FEELINGS COULD BE HARD.

TAKE TIME TO ANSWER THE FOLLOWING QUESTIONS:

- WHAT NEGATIVE FEELINGS COULD YOU POSSIBLY BE ATTRACTED TO FROM YOUR CHILDHOOD, AND WHY?

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- WHAT COMES UP FOR YOU WHEN YOU THINK ABOUT WORKING ON HEALING YOUR INNER CHILD AND INNER LAYERS?

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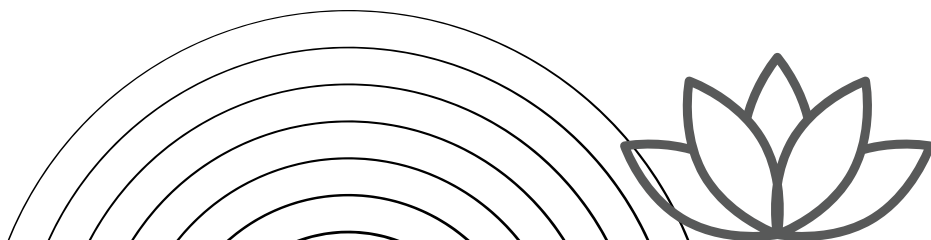
# Inner Child Activity for Self Love

ON THE LINES BELOW, WRITE WITH YOUR DOMINATE HAND A QUESTION YOU HAVE FOR YOUR INNER CHILD.

ASK YOU INNER CHILD WHAT THEY NEED FOR YOU TO FEEL SELF LOVE.



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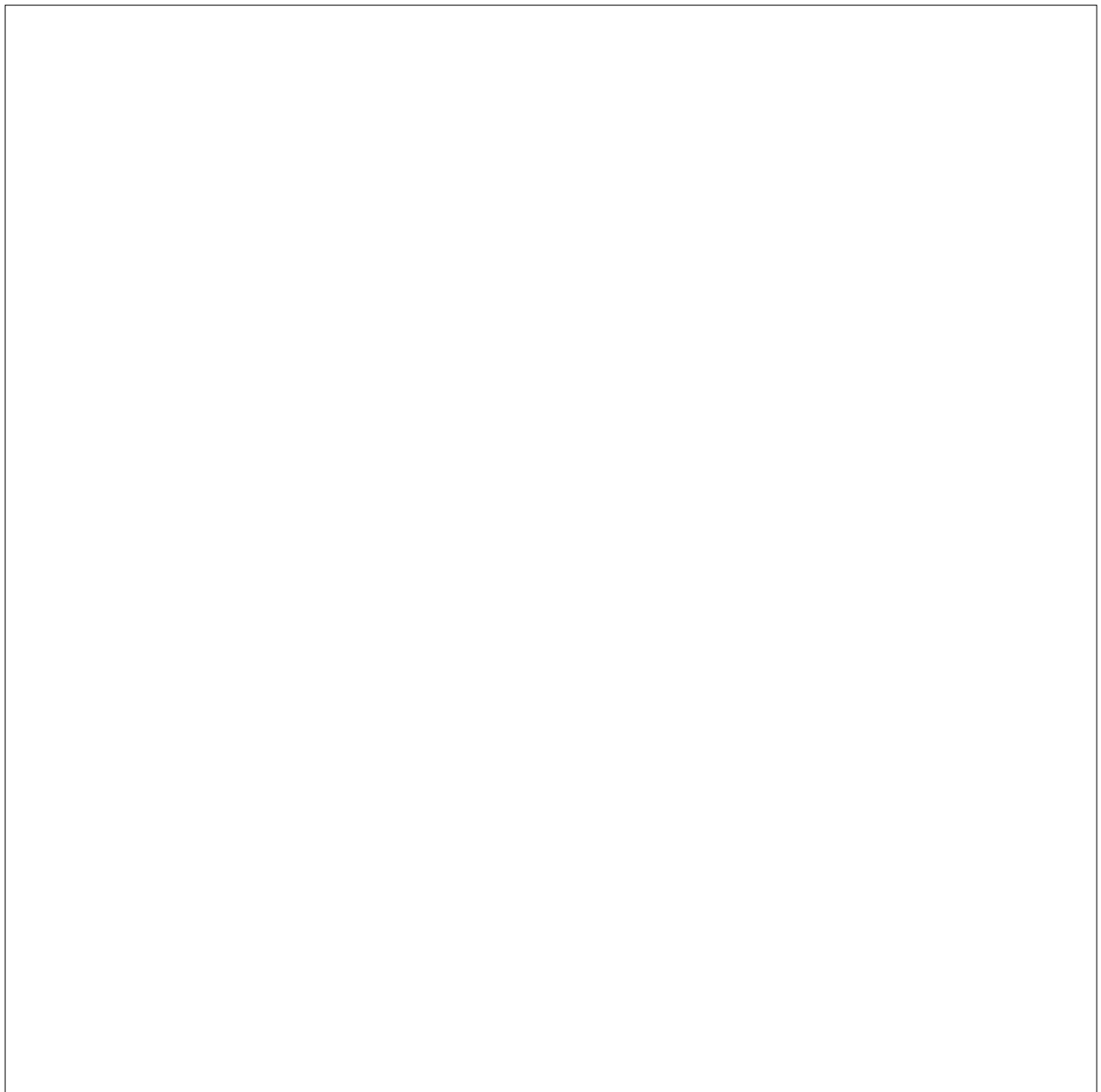
# Boundaries for Self Love

TO GROW IN SELF LOVE, YOU SHOULD EXPLORE YOUR BOUNDARIES.

BOUNDARIES ARE NOT MEANT TO CONTROL OR PUNISH OTHERS. THEY ARE A WAY TO TAKE CARE OF YOURSELF. YOU HAVE TO KNOW YOURSELF IN ORDER TO KNOW YOUR BOUNDARIES. THEY ARE A WAY TO ENSURE THAT YOU ARE FREE TO BE YOU, BUT THEY ALSO ALLOW THOSE AROUND YOU TO BE THEMSELVES AS WELL.

REFLECT ON HOW STRONG YOU BELIEVE YOUR BOUNDARIES ARE.

IF YOU WOULD LIKE, YOU CAN TAKE OUR BOUNDARY ASSESSMENT AT  
[HTTPS://WWW.SHAREDLOTUS.COM/QUIZ-WHAT-BOUNDARY-CATEGORY-AM-I-IN/](https://www.sharedlotus.com/quiz-what-boundary-category-am-i-in/)



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# Self Love Feelings



WHAT FEELINGS DO YOU BELIEVE SELF LOVE WILL BRING YOU?

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YOU NOW UNDERSTAND THAT YOU MIGHT FEEL COMFORTABLE WITH SOME OF THE NEGATIVE FEELINGS THAT YOU GREW UP WITH.

YOU HAVE ALSO BRIEFLY CONNECTED WITH YOUR INNER CHILD. YOU HAVE HEARD WHAT YOUR INNER CHILD COULD POSSIBLY NEED.

WITH YOUR UNDERSTANDING OF YOUR BOUNDARIES, HOW CAN YOU KEEP A LOVING SPACE FOR YOURSELF WHILE YOU WORK ON NEW FEELINGS OF SELF LOVE?



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# Ownership



ARE YOU READY TO TAKE OWNERSHIP OF YOUR LIFE AND YOUR HAPPINESS? WHAT WOULD THAT LOOK LIKE?

WE ALL HAVE AN EGO OR "SHADOW SELF" THAT IS CRITICAL OR IS LOOKING FOR PRAISE FROM THE WORLD. THIS PART OF US IS THE PART THAT KEEPS US HOOKED ON FEAR, ANGER, SADNESS, JEALOUSY, AND MORE.

THIS PART ALSO DOES WHAT IT CAN TO KEEP US SAFE BY USING THE EMOTIONS ABOVE.

THANK YOUR EGO OR "SHADOW" BELOW FOR ALWAYS TRYING TO PROTECT YOU.



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# Cultivating Self-Love

USING MEDITATION AND VISUALIZATION, YOU CAN CULTIVATE FEELINGS.

THINK OF THIS LIKE A GARDEN, THE MORE YOU ACTIVELY CREATE HEALTHY, LOVING FEELINGS, THE MORE THEY CAN GROW AND FLOURISH IN YOUR MIND. REMEMBER THAT YOU **OWN** THIS GARDEN. IT IS YOURS TO TEND.

THE FOLLOWING IS A MEDITATION/VISUALIZATION YOU CAN USE TO CULTIVATE LOVING FEELINGS FOR YOURSELF.

Find a calm space where you can sit either crossed legged or comfortably in a chair.

Close your eyes and do a quick body scan. Start with your head and neck. Relax this area of your body.

Move to your shoulders and release any tension you have there.

Release all tension moving down your back and your front.

Relax your arms and hands.

Now move to your hips and relax your hips and sits bones.

feel this relaxation move into your legs, then your feet and your toes.

If there is any place of tension still in your body, release that.

Now sit and breathe. Breathe into your belly while keeping your shoulders and neck relaxed.

Your breath will be your center as we move forward with this meditation and visualization

Notice your mind.

Anytime a thought comes in, touch it with your consciousness. Thank it and allow it to float away.

Now, as your mind is clearing, I want you to think of someone you love so much. This is someone you feel pure joy and love towards.

Sometimes I think of my children when they were babies, or a loving time with my brother or sister.

The purpose of this is for you to think of a time of joy and love and fill yourself up with that feeling.

Where does this loving joy start? Is it in your heart, your stomach, your hands or head.

Allow that feeling of unconditional love to fill your entire body. Watch it flow through you from head to toe.

Now, direct that love at yourself. If you need to visualize yourself as a child worthy of all this love then do that.

Just send this pure love to you.

Sit in this feeling for a few minutes.

When you are ready open your eyes and go forward through your day and the next with this feeling.

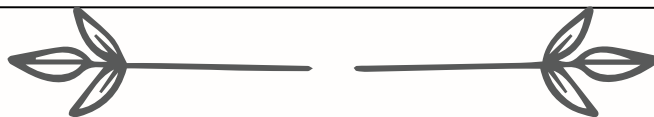
The link to an audio version of this meditation is [here](#)

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# How did that make you feel?

REFLECT ON THAT MEDITATION. HOW DID IT MAKE YOU FEEL? WHERE THE POSITIVE FEELINGS COMFORTABLE FOR YOU? DO YOU THINK YOU COULD CONTINUE TO CULTIVATE FEELINGS OF LOVE FOR YOURSELF?



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# Self Compassion

SELF LOVE AND COMPASSION FOR YOURSELF GO HAND IN HAND.

AS YOU ARE MOVING ON THIS PATH OF SELF LOVE IT IS ALSO TIME FOR SOME SERIOUS SELF COMPASSION.

BELOW, WRITE A LETTER TO A FRIEND WHO YOU LOVE VERY MUCH. TELL THEM HOW WORTHY THEY ARE OF SELF LOVE AND HAPPINESS:

NOW GO BACK AND READ THAT LETTER AS IF IT WAS TO YOURSELF.



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# Want More?

THIS JOURNAL IS PART OF A LARGER PROJECT THAT WE ARE WORKING ON. IF YOU WOULD LIKE TO BE NOTIFIED WHEN THE FULL VERSION IS AVAILABLE GO TO THE ADDRESS BELOW:

[HTTPS://WWW.SHAREDLLOTUS.COM/JSL/](https://www.sharedlotus.com/jsl/)

## *Techniques for Self Love and Acceptance*

TAKE 10 STEPS WITH THIS MINI-COURSE

The collage features several elements: on the left, two overlapping PDF pages titled 'Lesson #1 Your Vision' and 'Lesson #9 Quieting Self Love'; in the center, a laptop displaying a video titled 'Lesson 7: Self-Affirmations' with a woman speaking; at the bottom left, a journal page with the text 'How did that activity make you feel?' and 'Journal time' next to a drawing of flowers; at the bottom right, a laptop displaying a video titled 'Lesson 5: Quieting Your Mind' with a silhouette of a person meditating; and a large, stylized yellow and purple lotus flower graphic in the background.

**PDFs and Journal Activities**

**Online Videos**

**Meditations and Visualizations**

**Find out more.**

