

# SELF LOVE JOURNAL

Too often we stuff our emotions.  
We feel we cannot speak our truth.  
We keep secrets and those secrets eat away at our  
soul and so we eat.

We eat to fill.

But, it changes today.

Today, you are full.

Today, you have a voice.

Take this journal or buy one but COMMIT to journaling  
15-30 minutes a day.

As you feel safe expressing yourself here, you will be  
able to share that with a trusted person or with soul.

# DAY 1

“You are not a mistake. You are not a problem to be solved. But you won't discover this until you are willing to stop banging your head against the wall of shaming and caging and fearing yourself.”

— Geneen Roth

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# DAY 2

“Transformation occurs only when we remember, breath by breath, year after year, to move toward our emotional distress without condemning or justifying our experience.”  
– Pema Chödrön

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## DAY 3

“When we fulfill our function, which is to truly love ourselves and share love with others, then true happiness sets in.”

— Gabrielle Bernstein

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## DAY 4

“Transformation occurs only when we remember, breath by breath, year after year, to move toward our emotional distress without condemning or justifying our experience.”

— Pema Chödrön

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# DAY 5

“Freedom from obsession is not about something you do; it's about knowing who you are. It's about recognizing what sustains you and what exhausts you. What you love and what you think you love because you believe you can't have it”

— Geneen Roth

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## DAY 6

“Much of our anxiety and stress comes when we’re focused on fear and disconnected from the voice of our inner guide.”

— Gabrielle Bernstein

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## DAY 7

“So much of what holds us back in life are the long-held resentments stemming from childhood.”

— Gabrielle Bernstein









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# DAY 10

“Treat yourself as if you already are enough. Walk as if you are enough. Eat as if you are enough. See, look, listen as if you are enough. Because it's true.”

— Geneen Roth

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# DAY 11

“Each of us has a unique part to play in the healing of the world.”  
— Marianne Williamson

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# DAY 12

“We can let the circumstances of our lives harden us so that we become increasingly resentful and afraid, or we can let them soften us and make us kinder and more open to what scares us. We always have this choice.”

— Pema Chödrön

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# DAY 13

“Weight loss does not make people happy. Or peaceful. Being thin does not address the emptiness that has no shape or weight or name. Even a wildly successful diet is a colossal failure because inside the new body is the same sinking heart.”

— Geneen Roth

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## DAY 14

“Your way begins at the other side. Become the sky. Take an axe to the prison wall. Escape. Walk out like someone suddenly born into color. Do it now.”

—Rumi

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# DAY 15

“We are not held back by the love we didn't receive in the past, but by the love we're not extending in the present.”

— Marianne Williamson

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# DAY 16

“There is nothing enlightened about shrinking so that other people won't feel insecure around you. We are all meant to shine, as children do.”

— Marianne Williamson

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# DAY 17

“You will never stop wanting more until you allow yourself to have what you already have. To take it in. Savor it. Now is a good time to do that . . .”

– Geneen Roth

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## DAY 18

"Compulsive eating is only the symptom; believing that you are not worth your own love is the problem. Go for the love. You will never be sorry."

— Geneen Roth

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# DAY 21

“Everyone has been made for some particular work, and the desire  
for that work has been put in every heart.”

-Rumi

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