



IDRA



DAILY SELF LOVE JOURNAL

Own Your Happiness, Success and Unshakable Confidence

IDRAWELLNESS.COM



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ABOUT US

Join our community of like-minded individuals who are dedicated to living a life enriched with emotional well-being.

Join Us on Your Journey to Emotional Well-being

We invite you to explore our website, discover our products, and immerse yourself in a community that shares your commitment to emotional wellness. Whether you're taking your first steps toward self-care or seeking to elevate your well-being, Idra Wellness is here to guide and inspire you.

Thank you for choosing Idra Wellness as your partner in achieving a life filled with self-care and emotional well-being.





what's included

01

SELF LOVE QUIZ

Do you truly love yourself? It's time to start appreciating who you are take the self love quiz and discover your self love score.

02

14 DAY SELF LOVE JOURNAL

After 14 days using this journal you will feel greater ease, happiness and confidence

03

SELF LOVE PRACTICES

Let's be honest life can sometimes have us feeling stuck in a web of emotions and negative thoughts, these exercises will help you shift this energy

04

DAILY SELF CARE CHECKLIST

Take back your power and claim your success with this daily self-care checklist



HOW MUCH DO YOU LOVE YOURSELF?

Let's discover together your self-love score.

Get yourself comfy and rate these statements on a scale of 0 to 5, and when finished, add up the total score. Remember there are no right or wrong answers trust yourself

0 = Never

1 = Very rarely

2 = Sometimes when I'm feeling good

3 = Frequently

4 = Almost always

5 = Always

1. I believe I am worthy and deserving of love. and all my desires from life

0 1 2 3 4 5

2. I believe I am important and my dreams matter

0 1 2 3 4 5

3. It's easy for me to speak my truth and stand up for myself

0 1 2 3 4 5

4. I am able to ask for what I need and for what I want

0 1 2 3 4 5

5. When I look in the mirror, I feel good about myself

0 1 2 3 4 5

6. When someone compliments me on a job well done, I thank them celebrate myself

0 1 2 3 4 5

7. I think it is okay to make mistakes and not always get things perfect

0 1 2 3 4 5

8. Whenever I feel stressed I give myself the time and space for self care and reflection

0 1 2 3 4 5

9. I feel really comfortable in my own skin and confident in who I am

0 1 2 3 4 5

10. I don't need the approval of others to allow good things to flow to me.

0 1 2 3 4 5

Your Score

40–50 = LOVE IT! You have a healthy dose of self-love. Keep growing, keep showing yourself love. And remember that self love is an ongoing process

30–40 = Love, you're well on your way. Keep taking time throughout the day to remember how deserving and important you are..continue to make time for YOU

20–30 = Self-love is a bit of a rollercoaster. There are times you feel worthy and other times you struggle. Keep doing the inner work and believing in yourself. Know it's safe for you to love yourself and speak up

10–20 = Your self-love could do with a boost. Self-love can be a struggle. My love you are in the right place to learn how to love yourself. Keep reading

0–10 = You have some self love work to do but that is okay. I was the same. It is time to love and appreciate who you are and build a new foundation of self-love. - you deserve it.



FIVE MINUTE SELF-LOVE PRACTICES

1

GET BACK TO YOUR ROOTS.

Go outside and take a deep breath in through your nostrils and exhale through your mouth. Feel the sensation of your lungs filling with air and notice the calming effect on your body. Take in your surroundings and experience each sensation like how the air feels on your face

2

RELEASE

OK so we all experience anger or a blind feeling of rage as our blood courses through our systems. This doesn't make you bad, but we do need to release this energy. I have two favourite methods.

1: Get a wooden or plastic spoon and hit a pillow saying all the things you want to say.

2: Have a good old scream into a pillow. Seriously it works like magic

3

EXPRESS

Sometimes we just need to have a good old rant or pity party of one. And that's ok. Grab a pen and paper and write out all your thoughts and feelings. Got things you want to say to someone? Write them a letter, not to send but to allow yourself to express your feelings. Let yourself go.

4

LISTEN CLOSELY

Lay flat on the floor with your hands placed facing up and your legs separated (start fish style) Close your eyes, paying attention to the sounds you hear around you. Just listen and notice without judging. There are no good or bad sounds. They just are. Feel all parts of your body, tune into your heart beating and bring to mind something you love. Now spread through your body like a light.

5

SELF-SOOTHE WITH TOUCH

We do this for those we love, now it's your turn. Practice soothing yourself physically in some way, perhaps gently rub your chest, stroke your arm, massage your neck or your forehead. Notice the physical sensation and feeling of comfort and allow yourself to feel without judgement.

6

ACTIVATE

Standing up as you take calming breaths rotate your hips in circles a few times each way. Get your Shakira/Beyonce hips moving. What this does is not only feels so good but it activates your womb space...your place of power and certainty.

7

STRETCHING

Am I suggesting you clear out your closet and undie draw? Yes. But don't stop there look around your office, your purse/wallet, car, bedroom floor, under the bed ...essentially your entire environment. Put in some music, make it fun or then this into a cleansing ritual but clear out all the things that drag your energy down. Pick things up, see how they make you feel. If the energy is heavy it's time they found a new home.

8

DECLUTTER YOUR SPACE

Am I suggesting you clear out your closet and undie draw? Yes. But don't stop there look around your office, your purse/wallet, car, bedroom floor, under the bed ...essentially your entire nenvironment. Put in some music, make it fun or then this into a cleansing ritual but clear out all the things that drag your energy down. Pick things up, see how they make you feel. If the energy is heavy it's time they found a new home.



GO ON A BLESSING RAMPAGE

What your going to do is everything you touch and see you're going to say out loud "Bless you ____". For example: "Bless you lounge, bless you plants, bless you warm blanket, bless you coffee, bless your computer and technology" (that's just what I am seeing within 20 seconds as writing this)

You go on this rampage up until you feel your energy and emotional state shift and transform. I usually end up smiling like a crazy woman after this. And yes I have used this when feeling hot anger and it shifted.



Self Love Journal



Date:

Day One:

My Mood Today

3 things I'm grateful for...

How I will move my
body today



Things I Want To Get Done

Journal Prompt

If I had 5 million in the bank
and everything I needed to
succeed I would....

Self Love Journal



Date:

Day Two:

My Mood Today

3 things I'm grateful for...

How I will move my
body today



Things I Want To Get Done

Journal Prompt

If I had 5 million in the bank
and everything I needed to
succeed I would....

Self Love Journal



Date: _____

Day Three

My Mood Today

3 things I'm grateful for...

*How I will move my
body today*



Things I Want To Get Done

Journal Prompt

If I had 5 million in the bank
and everything I needed to
succeed I would....

Self Love Journal



Date:

Day Four

My Mood Today

3 things I'm grateful for...

How I will move my
body today



Things I Want To Get Done

Journal Prompt

If I had 5 million in the bank
and everything I needed to
succeed I would....

Self Love Journal



Date:

Day Five

My Mood Today

3 things I'm grateful for...

How I will move my
body today



Things I Want To Get Done

Journal Prompt

If I had 5 million in the bank
and everything I needed to
succeed I would....

Self Love Journal



Date: _____

Day Six

My Mood Today

3 things I'm grateful for...

*How I will move my
body today*



Things I Want To Get Done

Journal Prompt

If I had 5 million in the bank
and everything I needed to
succeed I would....

Self Love Journal



Date:

Day Seven

My Mood Today

3 things I'm grateful for...

How I will move my
body today



Things I Want To Get Done

Journal Prompt

If I had 5 million in the bank
and everything I needed to
succeed I would....

Self Love Checklist



- ♡ Stay Hydrated
- ♡ Journal out my goals and dreams
- ♡ Practice positive affirmations
- ♡ Move my body.
- ♡ Unplug from technology for at least 30 minutes
- ♡ Nourish my body and eat healthily
- ♡ Get to bed early
- ♡ Feed my mind (podcast, read a couple of pages of a book, inspirational Youtube)
- ♡ Spend 5 minutes visualising my goals as done
- ♡ Clean Up
- ♡ Give a compliment today
- ♡ Write 3 things I am grateful for

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. At the bottom of the page, there are decorative wavy patterns in shades of light blue and yellow, which appear to be part of the paper's design or a background element. The overall appearance is that of a clean, unused piece of stationery.