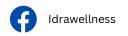


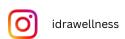
DAILY SELF LOVE JOURNAL

Own Mour Happiness, Success and Instrakable Confidence

IDRAWELLNESS.COM









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.







whatsuded



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



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	e to spea	k my t	ruth and	d stand	up for	myself		
	0	1	2	3	4	5		
4. I am able to as	k for wh	at I nee	ed and f	for wha	t I wan	t		
	0	1	2	3	4	5		
5. When I look ir	n the mir	ror, I fo	eel goo	d about	myself	:		
	0	1	2	3	4	5		
6. When someon myself	ie compl	iments	me on	a job w	ell don	e, I thank	them cel	ebrate
	0	1	2	3	4	5		
7. I think it is ok	ay to ma	ke mis	takes aı	nd not a	always ;	get things	s perfect	
	0	1	2	3	4	5		
8. Whenever I fe and reflection	el stress	ed I giv	e mysle	ef the ti	ime and	l space fo	r self care	ž
	0	1	2	3	4	5		
9. I feel really co	mfortab	le in m	y own s	kin and	l confid	ent in wh	o 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.





1 GET BACK TO YOUR ROOTS.

Go outside and take adeep 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 curses through our

systems. This doesn't make you bad, but ew do need to release this energy. I have two favouritemethods.

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. Seriouslyit 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.





8

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, bels 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.







Date:	Day One
My Mood Today	How I will move my body today
3 things I'm grateful for	body loday
	AFFIRMATION OF THE DAY:
Things I Want To Get Done	
	Journal Prompt
	If I had 5 million in the bank and everything I needed to succeed I would



Date:	Day Two.
My Mood Today	How I will move my body today
3 things I'm grateful for	body loday
	AFFIRMATION OF THE DAY:
Things I Want To Get Done	Journal Prompt
	If I had 5 million in the bank and everything I needed to succeed I would



Date:	Day Three
My Mood Today	How I will move my body today
3 things I'm grateful for	body today
	AFFIRMATION OF THE DAY:
Things I Want To Get Done	Journal Prompt
	If I had 5 million in the bank and everything I needed to succeed I would



Date:	Day Four
My Mood Today	How I will move my body today
3 things I'm grateful for	body loday
	AFFIRMATION OF THE DAY:
Things I Want To Get Done	
	Journal Prompt
	If I had 5 million in the bank and everything I needed to succeed I would



Date:	Day Five
My Mood Today	How I will move my body today
3 things I'm grateful for	body today
	AFFIRMATION OF THE DAY:
Things I Want To Get Done	
	Journal Prompt
	If I had 5 million in the bank and everything I needed to succeed I would



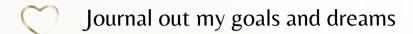
Date:	Day Six
My Mood Today	How I will move my body today
3 things I'm grateful for	body Today
	AFFIRMATION OF THE DAY:
Things I Want To Get Done	
	Journal Prompt
	If I had 5 million in the bank and everything I needed to succeed I would
·	



Date:	Day Sever
My Mood Today	How I will move my body today
3 things I'm grateful for	body loday
	AFFIRMATION OF THE DAY:
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





- 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



NOTES

