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SELF-LOVE RITUALS JOURNAL  
A Gentle Daily Practice for Women

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HolisticWellnessHub.com

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Date: \_\_\_\_\_

✨ MORNING CHECK-IN

How did I feel when I woke up today?

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One gentle intention for today:

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✨ EMOTIONAL SELF-LOVE

What emotion needs my attention right now?

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How can I support myself with kindness?

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✨ PHYSICAL SELF-LOVE

What does my body need today?

Rest    Nourishing food    Movement  
 Hydration    Fresh air

Other: \_\_\_\_\_

✨ SPIRITUAL SELF-LOVE

A grounding practice I will do today:

Meditation    Breathwork    Journaling  
 Prayer    Stillness

Other: \_\_\_\_\_

✨ GRATITUDE REFLECTION

Three things I'm grateful for today:

1. \_\_\_\_\_
2. \_\_\_\_\_

3. \_\_\_\_\_

✨ EVENING REFLECTION

What brought me joy today?

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One thing I'm proud of myself for:

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A self-love ritual I want to continue:

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You are worthy of your own love.

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