
SELF-LOVE RITUALS JOURNAL
A Gentle Daily Practice for Women

HolisticWellnessHub.com

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Date: _____

✨ MORNING CHECK-IN

How did I feel when I woke up today?

One gentle intention for today:

✨ EMOTIONAL SELF-LOVE

What emotion needs my attention right now?

How can I support myself with kindness?

✨ 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?

One thing I'm proud of myself for:

A self-love ritual I want to continue:

You are worthy of your own love.
