

Self-Love Planner

January 2025

SUN	MON	TUE	WED	THU	FRI	SAT
29	30	31	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	1

Instructions: Grab a blank piece of paper, a notebook, or open a note on your phone. Choose a prompt from the ideas on the following pages, write it on the date you want to use, and take a moment to answer it thoughtfully. This is your space to connect with yourself, one day at a time.

Self-Love Ideas

- Write down three truths about yourself that you love.
- Reflect on a time you overcame something difficult—remind yourself of your strength.
- Identify one limiting belief about yourself and challenge it with a new, empowering truth.
- Write out your core values—what truly matters to you.
- Spend time journaling about who you were as a child and what brought you joy back then.
- Make a list of things you're proud of, no matter how small.
- Write down one way you've grown in the past year.
- Reflect on what makes you you—your quirks, interests, and passions.
- Spend 10 minutes looking in the mirror and saying affirmations like “I am enough.”
- Write a forgiveness letter to yourself for mistakes or perceived shortcomings.
- Notice when negative self-talk comes up—pause and reframe it with kindness.
- Write down five compliments to give yourself and keep them visible.
- Journal about what “loving yourself” would look and feel like in your life.
- Replace “I should” with “I choose” when thinking about your day.
- Give yourself permission to take up space—physically, emotionally, and spiritually.
- Make a list of everything you do bring to the table (as a mom, friend, spouse, etc.).
- Celebrate your uniqueness—what sets you apart is your magic.
- Forgive yourself for not being perfect—you were never meant to be.
- Reflect on a recent “failure” and look for the lesson, not shame.

Self-Love Ideas Continued

- Identify one self-sabotaging behavior and commit to taking small steps to change it.
- Challenge the thought, “I’m not good enough,” by listing evidence of your worth.
- Write down a dream or goal you’ve been afraid to pursue—why do you deserve it?
- Create a “me” playlist—songs that remind you of your strength, joy, and true self.
- Spend time in nature to reconnect with a sense of peace and perspective.
- Write a letter to your future self—what do you hope for her? What does she deserve?
- Reflect on a belief you have about yourself and ask: “Is this really true?”
- Spend time alone doing something that brings you peace and connection.
- Rediscover something you loved as a child or teenager and try it again.
- Allow yourself to feel emotions fully without judgment—cry, laugh, or scream if needed.
- Make a vision board or Pinterest board for how you want to live authentically.
- Reflect on what living boldly and courageously would mean for you.
- Identify your favorite qualities in yourself and own them.
- Write a list of things you accept about yourself—flaws, quirks, imperfections included.
- Set a boundary that feels necessary for your peace and stick to it.

Self-Love Ideas Continued

- Write out the kind words you would say to your best friend and say them to yourself.
- Allow yourself to rest without guilt—your worth is not tied to productivity.
- Stop comparing yourself to someone else today—focus on your path.
- Remind yourself: I am a work in progress, and I'm still worthy of love.
- Write about a part of yourself you've always hidden and why it deserves love.
- Practice unconditional love for yourself by saying: "I love myself as I am, not as I 'should' be."
- Create space to just be—sit in quiet, without an agenda or distractions.
- Reflect on how far you've come, not how far you have to go.
- Write down the qualities that make you a great mom, partner, or friend.
- Notice and celebrate the small wins in your day—you're doing better than you think.
- Reconnect with your dreams—what does the most authentic version of you want?
- Choose kindness toward yourself when you feel you've fallen short.
- Trust your intuition—what does your heart need today?
- Accept compliments without brushing them off—let them sink in.