

# FIVE MINUTES FOR YOU

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A JOURNAL

# Self Love

## Daily Journal

Date :

S M T W T F S

I love myself today because

Today I forgive myself for

Empowering affirmation

Today my eating will be

I will challenge myself to

Today I will move because

Reflection

Today I remind myself of my goals, that I know I will  
achieve because I believe in ME!

The first step I am taking to reach my goal is...

Because I am....