

Date:

SELF - ACCEPTANCE JOURNAL

"Owning our story and loving ourselves through that process is the bravest thing that we will ever do."
— Brené Brown

MORNING

HOW AM I FEELING TODAY?



1



2



3



4



5



6



7



8



9



10

WHAT AM I FEELING?

WHAT'S MAKING ME FEEL THIS WAY?

WHAT PART OF ME NEEDS THE MOST LOVE TODAY?

THREE THINGS I APPRECIATE ABOUT MYSELF TODAY:

1.

2.

3.

TODAY'S AFFIRMATION / MANTRA/ INTENTION:

ONE SMALL PROMISE I CAN KEEP TO MYSELF TODAY:

EVENING

ONE MOMENT TODAY WHERE I ACCEPTED MYSELF JUST AS I AM:

DID I LOOK IN THE MIRROR WITHOUT SELF-CRITICISM? YES ☐ NO ☐

HOW DID THAT FEEL?

A MOMENT OF FEAR OR DOUBT I MOVED THROUGH WITH LOVE TODAY:

ONE THING I LEARNT ABOUT MYSELF TODAY:

ONE THING I'M PROUD OF MYSELF FOR TODAY:

HOW DO I FEEL NOW COMPARED TO THIS MORNING?
