Journey to

Self-Love

A Special Gift for You
from
Cindy Rushton Ministries
http://www.CindyRushton.com

Jesus answered him, "Love the Lord your God with every passion of your heart, with all the energy of your being, and with every thought that is within you. This is the great and supreme commandment. And the second is like it in importance: You must love your friend.

in the same way you love yourself.

Contained within these commandments to love you will find all the meaning of the Law and the Prophets."
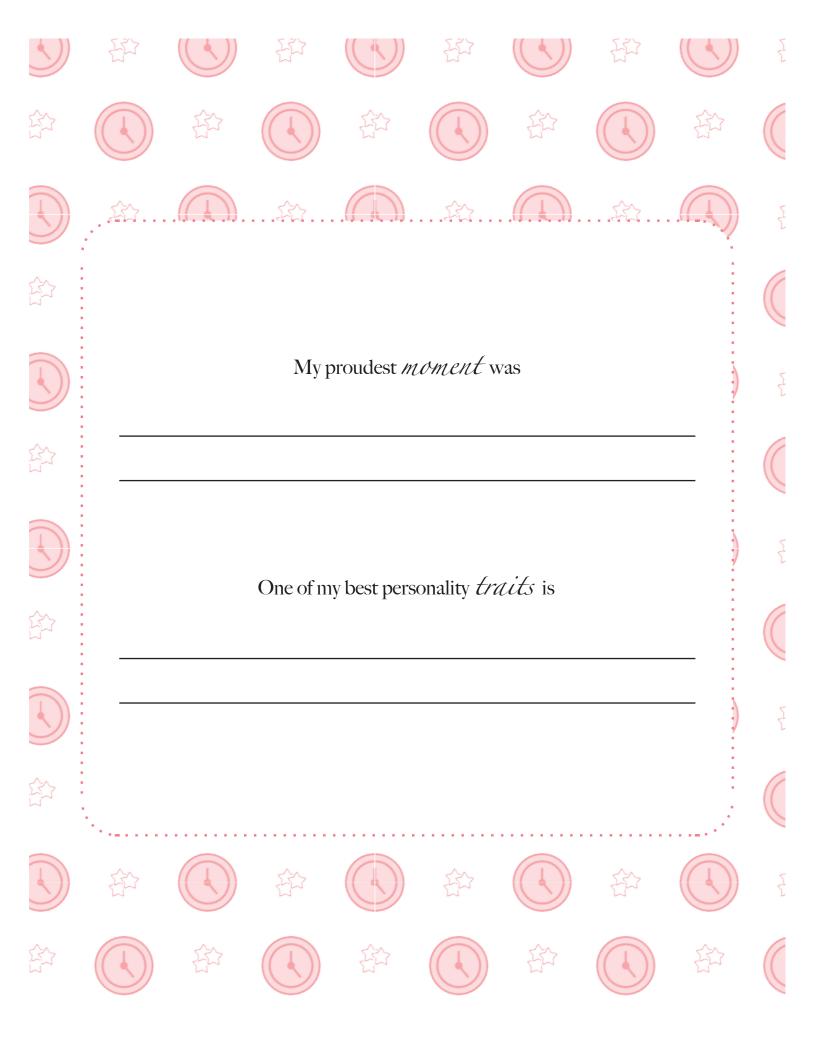Matthew 22: 37-40 - TPT

THIS BOOK BELONGS TO

_____

I am gifting this book to *myself* because

_____

_____

_____

_____

_____

I am *lovable* because

_____

_____

My *best* feature is

_____

_____

I am *good* at

_____

_____

I am *gifted* at

_____

_____

My biggest *achievement* is

_____

_____

One of the *best* thing about me is

_____

_____

One of my biggest *strengths* is

_____

_____

The nice *compliment* I've received is

_____

_____

My proudest *moment* was

_____

_____

One of my best personality *traits* is

_____

_____

I am grateful that I *can*

_____

_____

One of the reasons I *love* myself is

_____

_____

The best *decision* I've ever made is

_____

_____

I am most *happy* when I do this

_____

_____

People say my best *personality trait* is

_____

_____

I *forgive* myself for

_____

_____

I am *happiest* when I am with

_____

_____

I believe I'm *beautiful* because

_____

_____

I deserve *happiness* because

_____

_____

I show myself love *daily* because

_____

_____

The younger *self* would be proud of me for

_____

_____

I promise to do *this* for myself without excuse this week

_____

_____

People regularly *compliment* me on

_____

_____

I promise myself to *let go* of

_____

_____

One of my best *qualities* is

_____

_____

I will stop *telling* myself...

_____

_____

I am most at *peace* when

_____

_____

I will set boundaries *between* myself and...

_____

_____

To me, *happiness* is

_____

_____

So far in life, I *overcame* ...

_____

_____

I want to remember this *day* for...

_____

_____

What *inspired* me today is...

_____

_____

I love it *when* I...

_____

_____

Tomorrow, I will do *better* at...

_____

_____

This week I *promise* to make time for...

_____

_____

The best *people* in my life are...

_____

_____

Today, I *enjoyed* ...

_____

_____

Tomorrow, I want to *feel* ...

_____

_____

My biggest *lesson* this week is...

_____

_____

This week, I *surprised* myself when...

_____

_____

What makes me *unique* is...

_____

_____

I want to be *remembered* for..

_____

_____

My greates *strength* is...

_____

_____

The *bravest* thing I have done is...

_____

_____

3 things I did *right* is...

_____

_____

One thing I can do, for myself my *future* self would love later is...

_____

_____

My *favorite* way to spend the day is...

_____

_____

This is how I've *grown* in the last 5years...

_____

_____

The *best* thing to happen to me this week is...

_____

_____

I will replace my *biggest* limiting belief with...

_____

_____

Month Calendar

Month of: _____

Sun	Mon	Tue	Wed	Thu	Fri	Sat

Checklist

Category: _____

- [ ]   /   /
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Notes

Sketches