

The background is a solid light pink color. At the top and bottom, there are stylized, scalloped-edged clouds in a slightly darker shade of pink. Two rainbows, composed of many thin, parallel lines, arc across the upper and lower portions of the image. Several red hearts of different sizes are scattered throughout, some with a slight gradient. White, four-pointed starburst shapes are also scattered across the background.

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..



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My greatest *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 5 years...

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

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and run across the width of the page. There are no margins, text, or other markings on the paper.

Sketches

