

YOUR GREATEST LOVE

*A SELF-LOVE
JOURNAL*

WELCOME TO YOUR GREATEST LOVE STORY: YOUR JOURNEY TO SELF-LOVE

Self-love is the best thing you can EVER do for yourself.

By definition it's having a high regard for your own happiness and well-being. Practicing self-love is an active and intentional way you put your happiness, dreams, goals, and needs at the top of your list.

WHAT IS SELF-LOVE?

**SELF-LOVE IS CONFRONTING & HEALING
THE DARKEST, UGLIEST PARTS OF YOU.**

**SELF-LOVE IS TAKING CARE OF YOU FIRST SO THAT
YOU CAN PROPERLY TAKE CARE OF THOSE AROUND YOU.**

**SELF-LOVE IS NOT BEING SELFISH OR SELF-CENTERED.
IT IS POURING INTO YOURSELF TO FILL YOUR OWN CUP.**

**SELF-LOVE IS THE FOUNDATION TO
ANYTHING YOU WANT TO ACCOMPLISH.**

**WHEN YOU START FROM LOVE
YOU WILL END WITH SUCCESS
NO MATTER WHERE THE
JOURNEY TAKES YOU.**

©2021 Dozeland

All rights reserved. No part of this publication may be reproduced, distributed, or transmitted in any form or by any means, including photocopying, recording, or other electronic or mechanical methods, without the prior written permission of the publisher, except in the case of brief quotations embodied in critical reviews and certain other noncommercial uses permitted by copyright law.

Dozeland.com · Las Vegas

Author: Tamra Lamese · Self-Love & Confidence Coach · tamra@dozeland.com

DISCLAIMER:

This journal and its contents is not meant to replace professional help. Everyone, no matter their situation, should seek help from therapists, counselors, and coaches and other medical professionals.

I LOVE MYSELF
I LOVE MYSELF
I LOVE MYSELF
I LOVE MYSELF
I LOVE MYSELF
I LOVE MYSELF
I LOVE MYSELF
I LOVE MYSELF
I LOVE MYSELF
I LOVE MYSELF
I LOVE MYSELF

YOUR SELF-LOVE JOURNEY STARTS HERE.

In the pages to follow, you will be asked to read, dig deep and find what is truly in your heart, then write it out. This journal is meant to be completed in order. But if you're anything like me, you don't always follow the rules. Don't worry. Each page has a different intention, so you will be able to get tons out of it even if you jump around.

HOT TIP!

Each journal prompt should be coupled with a guided meditation and/or a timed breath-work practice. Allow at least 20 minutes.

**LOVING
YOURSELF
IS THE
FOUNDATION
OF
EVERYTHING
THAT
FOLLOWS**

MEDITATE



Do the guided meditation of your choice. Works best if it's related to the subject you'll be writing on.



JOURNAL



After the meditation, follow the prompts on the page.

SELF-CARE



Last but not least, don't forget to complete the self-care task list and the daily gratitude practice!

AFFIRMATION PRACTICE

DID YOU KNOW THAT YOU CAN TRAIN YOUR BRAIN INTO THINKING WHAT YOU WANT IT TO?

Your current thought patterns exist because of things that were imprinted on you from your mother in the womb, things you were taught and things you have experienced. Your brain is like any muscle in your body...you can train it to think how you want, but it takes time, practice and conditioning.

This is why an affirmation practice is important. Accompanying each journal prompt is a daily affirmation on the opposite page.

YOU ARE GOING TO SAY THE DAILY AFFIRMATION 10 TIMES PER DAY.

Say it 5 times when you first wake up, 5 times mid-day, and 5 times before bed. It helps if you set an alarm accordingly. **DO NOT** skip this step. Retraining your brain is crucial to getting rid of the old negative, limiting thoughts that don't serve you. You got this!

SIMPLE BREATH-WORK PRACTICE



1 GET COMFY IN A SEATED POSITION

My favorite is in bed, with a pillow behind me and my legs crossed.

2 SET A TIMER FOR 5 OR 10 MINUTES

3 CLOSE YOUR EYES

4 START BY CHECKING IN WITH EACH PART OF YOUR BODY STARTING AT THE TOP OF YOUR HEAD

Wiggle out any tension from the top of your head, then neck, then shoulders, then back, working all the way down the back and front of your body. Don't forget to wiggle your fingers and toes.

5 FIND THE CENTER OF YOUR BODY

2 inches below your belly button and halfway between your tummy and your spine. I like to picture it as a star that gets brighter every time I inhale.

6 CHECK IN WITH YOUR BREATHING

Inhale through your nose, to a count of 4. Slightly pause at the top.

7 EXHALE TO A COUNT OF FOUR

Slightly pause at the bottom and repeat.

8 KEEP BREATHING NICE & SLOWLY

As thoughts enter your mind, let them come and go. Don't hold on to any thoughts or judgements. As easily as they come, let them leave the same way.

9 RETURN FOCUS TO YOUR BREATHING

Focus on the star in the center of your body as it gets brighter when you inhale.

AT THE END OF YOUR TIMER, GRAB YOUR PEN, YOUR JOURNAL, & GET TO WORK!



PAST

***THIS SECTION IS PROBABLY THE HARDEST
(AT LEAST IT WAS FOR ME).***

But once you're through it, you will feel lighter and wide open and ready to move through the world in a new way.

***IT IS NEVER EASY CONFRONTING YOUR PAST TRAUMAS,
LET ALONE WRITE THEM DOWN!***

But this step is so necessary. We must let go of the old stuff we have been holding onto for years to make space for all of the abundance that is waiting. Traumas shape us in ways we don't always acknowledge.

***IT'S TRUE THAT IF YOU DON'T LEARN FROM THE PAST,
YOU ARE DOOMED TO REPEAT IT.***

Pain and trauma are the first things that will continually stop you from doing and being who you are destined to be.

***THE POINT IS TO ACKNOWLEDGE IT,
LEARN FROM IT, & LET IT GO.***

There is so much power in knowing how the things that we have been through have shaped who we are. For better or worse, we are our experiences and we can either choose to use them as power or let them keep us small.

***IT IS OK TO LET THAT PAST TRAUMA GO.
WHO YOU WERE THEN IS NOT
WHO YOU ARE NOW OR
WHO YOU ARE GOING TO BE
IN THE FUTURE.***

JUST LET IT GO! SET YOURSELF FREE.

Don't let the past and everything that came with it dictate your present and future. You survived, now it's time to thrive! The universe rewards the Phoenix for burning what was in order to make space for what is meant to be. You were meant to be free!

***YOU DON'T HAVE TO FORGET IT,
IT WILL ALWAYS BE A PART OF YOUR STORY.***

The pain and regret and trauma from the past is done keeping you in your old ways that don't serve you.

NOW IT'S TIME FOR THE NEXT ACT.

This the part where you kick all of the ass and become the coolest version of yourself. Are you ready? Let's get to work!

***REMEMBER TO APPROACH EACH PROMPT
WITH KINDNESS TO YOURSELF &
ANYONE ELSE INVOLVED IN YOUR HEALING.***

***HEALING ISN'T LINEAR OR
ONE-SIZE FITS ALL.***

***YOU MAY NEED TO GO THROUGH THIS SECTION MORE THAN ONCE,
& THAT'S PERFECTLY OK.***

**I AM WORTHY OF
A FABULOUS LIFE**

JOURNAL PROMPT

- ☐ Read
- ☐ Listen to Podcast
- ☐ Meditate
- ☐ Get some Vitamin D
- ☐ Get a Facial
- ☐ Rest & Relaxation
- ☐ Move Your Body
- ☐ Laugh &/Or Cry
- ☐ Have Orgasm
- ☐ Take a Bath
- ☐ Eat Veggies
- ☐ Drink Water

MY FUTURE IS
BRIGHT & FULL
OF POSSIBILITY

DAILY AFFIRMATION

Write about a time that you were wronged that you still hold on to.

A solid pink background featuring a repeating pattern of white hearts and hash symbols (#). The hearts are of various sizes, and some contain a white hash symbol. The pattern is dense and covers the entire background.

- ☐ Read
- ☐ Meditate
- ☐ Get a Facial
- ☐ Move Your Body
- ☐ Have Orgasm
- ☐ Eat Veggies
- ☐ Listen to Podcast
- ☐ Get some Vitamin D
- ☐ Rest & Relaxation
- ☐ Laugh &/Or Cry
- ☐ Take a Bath
- ☐ Drink Water



**I RELEASE ANY
OLD BELIEFS &
PATTERNS THAT
NO LONGER
SERVE ME**

DAILY AFFIRMATION

JOURNAL PROMPT

Write about your pain and how it affects how you approach relationships, yourself, work, family, etc.

DAILY GRATITUDE

SELF-CARE CORNER

- | | |
|---|---|
| ☐ Read | ☐ Listen to Podcast |
| ☐ Meditate | ☐ Get some Vitamin D |
| ☐ Get a Facial | ☐ Rest & Relaxation |
| ☐ Move Your Body | ☐ Laugh &/Or Cry |
| ☐ Have Orgasm | ☐ Take a Bath |
| ☐ Eat Veggies | ☐ Drink Water |

DAILY AFFIRMATION

17

The image shows a two-page spread of a pink-themed journal. The left page has a solid pink background with large, bold, white text at the top that reads "I FORGIVE THOSE WHO HAVE HURT ME, INCLUDING MYSELF". At the bottom of the left page, there is a dark pink brushstroke graphic containing the white text "DAILY AFFIRMATION". The right page features a light pink background decorated with faint, repeating outlines of hearts, some containing a hashtag symbol (#). At the top of the right page, under the heading "JOURNAL PROMPT", is the instruction "Write a letter forgiving the person that has hurt you the most.", followed by ten horizontal lines for writing. Below this, the page is divided into two columns. The left column is headed "DAILY GRATITUDE" and contains five horizontal lines. The right column is headed "SELF-CARE CORNER" and contains two columns of checkboxes. The first column lists: Read, Meditate, Get a Facial, Move Your Body, Have Orgasm, and Eat Veggies. The second column lists: Listen to Podcast, Get some Vitamin D, Rest & Relaxation, Laugh &/Or Cry, Take a Bath, and Drink Water. At the very bottom of the right page, centered, is the text "YOUR GREATEST LOVE • A SELF-LOVE JOURNAL", and on the far right is the page number "19".

I FORGIVE THOSE
WHO HAVE HURT ME,
INCLUDING MYSELF

DAILY AFFIRMATION

JOURNAL PROMPT

Write a letter forgiving the person that has hurt you the most.

DAILY GRATITUDE

SELF-CARE CORNER

☐ Read	☐ Listen to Podcast
☐ Meditate	☐ Get some Vitamin D
☐ Get a Facial	☐ Rest & Relaxation
☐ Move Your Body	☐ Laugh &/Or Cry
☐ Have Orgasm	☐ Take a Bath
☐ Eat Veggies	☐ Drink Water

YOUR GREATEST LOVE • A SELF-LOVE JOURNAL

19

Write a letter forgiving the person that has hurt you the most.

- ☐ Read
- ☐ Listen to Podcast
- ☐ Meditate
- ☐ Get some Vitamin D
- ☐ Get a Facial
- ☐ Rest & Relaxation
- ☐ Move Your Body
- ☐ Laugh &/Or Cry
- ☐ Have Orgasm
- ☐ Take a Bath
- ☐ Eat Veggies
- ☐ Drink Water

DAILY AFFIRMATION

I AM STRONGER
THAN WHAT I
WENT THROUGH

JOURNAL PROMPT

- ☐ Read
- ☐ Meditate
- ☐ Get a Facial
- ☐ Move Your Body
- ☐ Have Orgasm
- ☐ Eat Veggies
- ☐ Listen to Podcast
- ☐ Get some Vitamin D
- ☐ Rest & Relaxation
- ☐ Laugh &/Or Cry
- ☐ Take a Bath
- ☐ Drink Water

DAILY AFFIRMATION

What is the story that you tell yourself that is preventing you from becoming who you truly want to be? How can you reframe it?

A solid pink background featuring a repeating pattern of white heart shapes. Each heart contains a white hash symbol (#). The hearts vary in size and are scattered across the entire surface.

- ☐ Read
- ☐ Listen to Podcast
- ☐ Meditate
- ☐ Get some Vitamin D
- ☐ Get a Facial
- ☐ Rest & Relaxation
- ☐ Move Your Body
- ☐ Laugh &/Or Cry
- ☐ Have Orgasm
- ☐ Take a Bath
- ☐ Eat Veggies
- ☐ Drink Water

**I TAKE PRIDE &
RESPONSIBILITY
FOR MY OWN
HAPPINESS**

DAILY AFFIRMATION

JOURNAL PROMPT

How can you take responsibility for your past? This one is tough but necessary. Don't shy away from taking responsibility for your current state. When you truly own your part, it no longer has power over you. You got this!

DAILY GRATITUDE

SELF-CARE CORNER

- | | |
|---|---|
| ☐ Read | ☐ Listen to Podcast |
| ☐ Meditate | ☐ Get some Vitamin D |
| ☐ Get a Facial | ☐ Rest & Relaxation |
| ☐ Move Your Body | ☐ Laugh &/Or Cry |
| ☐ Have Orgasm | ☐ Take a Bath |
| ☐ Eat Veggies | ☐ Drink Water |

DAILY AFFIRMATION

27 ✕

DAILY AFFIRMATION

29 ✕



PRESENT

**CONGRATULATIONS FRIEND,
YOU MADE IT THROUGH
YOUR PAST!**

**AT TIMES, I'M SURE IT WAS HARD,
BUT HERE YOU ARE!**

BE PROUD OF YOURSELF.

CELEBRATE YOUR WINS.

LOVE YOURSELF.

**YOU ARE READY TO LOVE
YOURSELF IN THE NOW.**

These next 10 pages of prompts and affirmations celebrate where you are in the here and now. It is an important practice to find joy in the everyday. Life gets busy and stressful but when you are able to access your joy at any given moment, you will be equipped to handle any obstacle.

**LOVING YOURSELF NOW IN THIS
VERY MOMENT IS A CRUCIAL STEP.**

It is ok to be a work in progress and still love yourself fully and completely. You can't hate yourself thin, rich or happy. But you can love yourself, know that you have things you want to improve on, and use all of that self-love to take care of your heart's deepest desires.

**GO THROUGH THIS WITH
LOVE,
PATIENCE,
GRACE, &
NO JUDGEMENT.**

DAILY AFFIRMATION

35

DAILY AFFIRMATION

How do you show yourself love? How can you show yourself *more* love?
What is distracting you from intentionally loving yourself?

- ☐ Read
- ☐ Listen to Podcast
- ☐ Meditate
- ☐ Get some Vitamin D
- ☐ Get a Facial
- ☐ Rest & Relaxation
- ☐ Move Your Body
- ☐ Laugh &/Or Cry
- ☐ Have Orgasm
- ☐ Take a Bath
- ☐ Eat Veggies
- ☐ Drink Water

**THE UNIVERSE
IS WORKING
IN MY FAVOR**

DAILY AFFIRMATION

What do you want? What are your deepest desires? Dream big!

A repeating pattern of pink hearts and hash symbols on a light pink background. The hearts are of various sizes, some containing a hash symbol, and the pattern is scattered across the entire page.

- ☐ Read
- ☐ Meditate
- ☐ Get a Facial
- ☐ Move Your Body
- ☐ Have Orgasm
- ☐ Eat Veggies
- ☐ Listen to Podcast
- ☐ Get some Vitamin D
- ☐ Rest & Relaxation
- ☐ Laugh &/Or Cry
- ☐ Take a Bath
- ☐ Drink Water



I HAVE A HEALTHY BODY & A STRONG MIND

DAILY AFFIRMATION

JOURNAL PROMPT

Show your mind and body some love by naming 10 things you love about your body and 10 things you love about who you are (your mind).

DAILY GRATITUDE

SELF-CARE CORNER

- | | |
|---|---|
| ☐ Read | ☐ Listen to Podcast |
| ☐ Meditate | ☐ Get some Vitamin D |
| ☐ Get a Facial | ☐ Rest & Relaxation |
| ☐ Move Your Body | ☐ Laugh &/Or Cry |
| ☐ Have Orgasm | ☐ Take a Bath |
| ☐ Eat Veggies | ☐ Drink Water |

**THE MORE LOVE
I RECEIVE**

43 ✕

**I THANK
THE UNIVERSE
FOR ALL THE
PROSPERITY
THAT IS MINE
TODAY**

DAILY AFFIRMATION

JOURNAL PROMPT

Write about all of the fabulous things happening in your life right now.
Nothing is too small.

DAILY GRATITUDE

SELF-CARE CORNER

- | | |
|---|---|
| ☐ Read | ☐ Listen to Podcast |
| ☐ Meditate | ☐ Get some Vitamin D |
| ☐ Get a Facial | ☐ Rest & Relaxation |
| ☐ Move Your Body | ☐ Laugh &/Or Cry |
| ☐ Have Orgasm | ☐ Take a Bath |
| ☐ Eat Veggies | ☐ Drink Water |

DAILY AFFIRMATION

**I AM
GROWING INTO
A BETTER VERSION
OF MYSELF
EVERY DAY**

DAILY AFFIRMATION

JOURNAL PROMPT

Take a moment and reflect on who and where you are now vs who and where you were 5 years ago.

DAILY GRATITUDE

SELF-CARE CORNER

- | | |
|---|---|
| ☐ Read | ☐ Listen to Podcast |
| ☐ Meditate | ☐ Get some Vitamin D |
| ☐ Get a Facial | ☐ Rest & Relaxation |
| ☐ Move Your Body | ☐ Laugh &/Or Cry |
| ☐ Have Orgasm | ☐ Take a Bath |
| ☐ Eat Veggies | ☐ Drink Water |

DAILY AFFIRMATION

Now is your time to brag about yourself. What are your best qualities? What makes you special?

- ☐ Read
- ☐ Listen to Podcast
- ☐ Meditate
- ☐ Get some Vitamin D
- ☐ Get a Facial
- ☐ Rest & Relaxation
- ☐ Move Your Body
- ☐ Laugh &/Or Cry
- ☐ Have Orgasm
- ☐ Take a Bath
- ☐ Eat Veggies
- ☐ Drink Water

**I AM
SURROUNDED
BY JOY &
POSITIVITY
AT ALL TIMES**

DAILY AFFIRMATION

JOURNAL PROMPT

Write about a moment where you felt pure joy. Use this moment anytime you are in a low or negative place. It will bring you one step closer to joy.

DAILY GRATITUDE

SELF-CARE CORNER

- | | |
|---|---|
| ☐ Read | ☐ Listen to Podcast |
| ☐ Meditate | ☐ Get some Vitamin D |
| ☐ Get a Facial | ☐ Rest & Relaxation |
| ☐ Move Your Body | ☐ Laugh &/Or Cry |
| ☐ Have Orgasm | ☐ Take a Bath |
| ☐ Eat Veggies | ☐ Drink Water |



FUTURE

**KEEP WRITING WITH
LOVE, HOPE, &
COMPASSION**

**YOU ARE
WORTHY
OF IT ALL**

GUESS WHAT?!?

**YOU'RE 10 PAGES AWAY FROM
COMPLETING THIS JOURNAL!!**

So far you have started the process of healing from your past, you've found love and joy in your present and now it is time to dream about your future!

The future section is my favorite because it allows you to dream big. Bigger than you believed was possible. Dream of making a million dollars?

**I CHALLENGE YOU TO DREAM BIGGER...
WHY NOT \$15 MILLION?!?**

Dream of finding a partner? Why not dream of meeting your soul's mate and building a wonderful life together? You get the idea.

You can achieve anything you want and I mean anything! All you have to do is dream big, believe it's yours, and take action!

**HAVE FUN WITH THIS SECTION &
REMEMBER THAT THE ONLY LIMIT
THAT EXISTS IS THE LIMIT
YOU PUT ON YOURSELF**

**I WELCOME
ABUNDANCE
& SHARE IT WITH
THOSE AROUND ME**

DAILY AFFIRMATION

JOURNAL PROMPT

If there was limitless cash in your account,
how would you help those around you?

DAILY GRATITUDE

SELF-CARE CORNER

- | | |
|---|---|
| ☐ Read | ☐ Listen to Podcast |
| ☐ Meditate | ☐ Get some Vitamin D |
| ☐ Get a Facial | ☐ Rest & Relaxation |
| ☐ Move Your Body | ☐ Laugh &/Or Cry |
| ☐ Have Orgasm | ☐ Take a Bath |
| ☐ Eat Veggies | ☐ Drink Water |

**THE
UNIVERSE
IS ALWAYS
WORKING
IN MY FAVOR**

DAILY AFFIRMATION

JOURNAL PROMPT

Describe your ideal self. Where do you live?
What do you do? How do you feel?

DAILY GRATITUDE

SELF-CARE CORNER

- | | |
|---|---|
| ☐ Read | ☐ Listen to Podcast |
| ☐ Meditate | ☐ Get some Vitamin D |
| ☐ Get a Facial | ☐ Rest & Relaxation |
| ☐ Move Your Body | ☐ Laugh &/Or Cry |
| ☐ Have Orgasm | ☐ Take a Bath |
| ☐ Eat Veggies | ☐ Drink Water |

**I AM A STEP
CLOSER TO
MY DREAMS
EVERY DAY**

DAILY AFFIRMATION

JOURNAL PROMPT

If you love yourself completely now, how would that impact your future?

DAILY GRATITUDE

SELF-CARE CORNER

- | | |
|---|---|
| ☐ Read | ☐ Listen to Podcast |
| ☐ Meditate | ☐ Get some Vitamin D |
| ☐ Get a Facial | ☐ Rest & Relaxation |
| ☐ Move Your Body | ☐ Laugh &/Or Cry |
| ☐ Have Orgasm | ☐ Take a Bath |
| ☐ Eat Veggies | ☐ Drink Water |

DAILY AFFIRMATION

- ☐ Read
 - ☐ Listen to Podcast
 - ☐ Meditate
 - ☐ Get some Vitamin D
 - ☐ Get a Facial
 - ☐ Rest & Relaxation
 - ☐ Move Your Body
 - ☐ Laugh &/Or Cry
 - ☐ Have Orgasm
 - ☐ Take a Bath
 - ☐ Eat Veggies
 - ☐ Drink Water

DAILY AFFIRMATION

What is your why? What is that person or thing that is the core source of your motivation? Your why defines who you are and your life's purpose.

- ☐ Read
- ☐ Listen to Podcast
- ☐ Meditate
- ☐ Get some Vitamin D
- ☐ Get a Facial
- ☐ Rest & Relaxation
- ☐ Move Your Body
- ☐ Laugh &/Or Cry
- ☐ Have Orgasm
- ☐ Take a Bath
- ☐ Eat Veggies
- ☐ Drink Water

**I AM
OPEN &
READY TO
RECEIVE**

DAILY AFFIRMATION

JOURNAL PROMPT

What is your connection to the spiritual world? This will affect your ability to manifest and visualize your future and how you receive all of the goodness of the universe.

DAILY GRATITUDE

SELF-CARE CORNER

- | | |
|---|---|
| ☐ Read | ☐ Listen to Podcast |
| ☐ Meditate | ☐ Get some Vitamin D |
| ☐ Get a Facial | ☐ Rest & Relaxation |
| ☐ Move Your Body | ☐ Laugh &/Or Cry |
| ☐ Have Orgasm | ☐ Take a Bath |
| ☐ Eat Veggies | ☐ Drink Water |

**I AM GOING
TO LIVE A LONG,
HEALTHY &
PROSPEROUS
LIFE**

DAILY AFFIRMATION

JOURNAL PROMPT

How can you make healthier choices in your daily life? For example, drink a glass of water first thing in the morning or go for a walk in the evening. Create a plan and commit to incorporating at least one choice every day.

DAILY GRATITUDE

SELF-CARE CORNER

- | | |
|---|---|
| ☐ Read | ☐ Listen to Podcast |
| ☐ Meditate | ☐ Get some Vitamin D |
| ☐ Get a Facial | ☐ Rest & Relaxation |
| ☐ Move Your Body | ☐ Laugh &/Or Cry |
| ☐ Have Orgasm | ☐ Take a Bath |
| ☐ Eat Veggies | ☐ Drink Water |

DAILY AFFIRMATION

73 ✕

I AM LOVED & GIVE LOVE FREELY

DAILY AFFIRMATION

JOURNAL PROMPT

Do you give love freely? If so, how? If not, why?

DAILY GRATITUDE

SELF-CARE CORNER

- | | |
|---|---|
| ☐ Read | ☐ Listen to Podcast |
| ☐ Meditate | ☐ Get some Vitamin D |
| ☐ Get a Facial | ☐ Rest & Relaxation |
| ☐ Move Your Body | ☐ Laugh &/Or Cry |
| ☐ Have Orgasm | ☐ Take a Bath |
| ☐ Eat Veggies | ☐ Drink Water |

**I AM A
MAGNET FOR
MIRACLES,
ABUNDANCE,
LOVE & TRUTH**

DAILY AFFIRMATION

JOURNAL PROMPT

Reflect on where you started in your self-love journey and where you are at the end of this journal. If you are not where you want to be, what went wrong? How can you change that going forward?

DAILY GRATITUDE

SELF-CARE CORNER

- | | |
|---|---|
| ☐ Read | ☐ Listen to Podcast |
| ☐ Meditate | ☐ Get some Vitamin D |
| ☐ Get a Facial | ☐ Rest & Relaxation |
| ☐ Move Your Body | ☐ Laugh &/Or Cry |
| ☐ Have Orgasm | ☐ Take a Bath |
| ☐ Eat Veggies | ☐ Drink Water |

HEY BABE... YOU MADE IT!

Give yourself a big high five and do a little happy dance. What you will find next are some blank pages for you to use. Keep up the practice of journaling. I promise you, writing down your thoughts, feelings, musings, hopes and goals is so valuable to your self-love journey and your mental health overall. I hope you are collecting a stack of journals and filling up all of the pages.

WHAT YOU SHOULD BE FEELING NOW.

By now, you should be feeling great love and joy for yourself. You should have a clear vision of who you were, who you are and who you are becoming. You should be able to tap into your self-love when life hits you with struggle.

NOT THERE YET?

It's ok if you were expecting to feel all the feels and you're still sitting shotgun on the struggle bus. Self-love is a journey and we all have different needs. If you find yourself somewhere you don't want to be, ask yourself:

- Did I dig deep on each journal entry?
- Have I been saying and believing my affirmations every day, 10x a day?
- Am I still holding on to past pain and trauma?

Get real and answer these questions honestly. Go through the journal again. Seek guidance from a therapist or a coach. No one is meant to do this thing called life alone, and you, my friend, are worthy and deserving of immense self-love.



DAILY GRATITUDE

SELF-CARE CORNER

- | | |
|---|---|
| ☐ Read | ☐ Listen to Podcast |
| ☐ Meditate | ☐ Get some Vitamin D |
| ☐ Get a Facial | ☐ Rest & Relaxation |
| ☐ Move Your Body | ☐ Laugh &/Or Cry |
| ☐ Have Orgasm | ☐ Take a Bath |
| ☐ Eat Veggies | ☐ Drink Water |

DAILY GRATITUDE

SELF-CARE CORNER

- | | |
|---|---|
| ☐ Read | ☐ Listen to Podcast |
| ☐ Meditate | ☐ Get some Vitamin D |
| ☐ Get a Facial | ☐ Rest & Relaxation |
| ☐ Move Your Body | ☐ Laugh &/Or Cry |
| ☐ Have Orgasm | ☐ Take a Bath |
| ☐ Eat Veggies | ☐ Drink Water |



DAILY GRATITUDE

SELF-CARE CORNER

- | | |
|---|---|
| ☐ Read | ☐ Listen to Podcast |
| ☐ Meditate | ☐ Get some Vitamin D |
| ☐ Get a Facial | ☐ Rest & Relaxation |
| ☐ Move Your Body | ☐ Laugh &/Or Cry |
| ☐ Have Orgasm | ☐ Take a Bath |
| ☐ Eat Veggies | ☐ Drink Water |

DAILY GRATITUDE

SELF-CARE CORNER

- | | |
|---|---|
| ☐ Read | ☐ Listen to Podcast |
| ☐ Meditate | ☐ Get some Vitamin D |
| ☐ Get a Facial | ☐ Rest & Relaxation |
| ☐ Move Your Body | ☐ Laugh &/Or Cry |
| ☐ Have Orgasm | ☐ Take a Bath |
| ☐ Eat Veggies | ☐ Drink Water |



DAILY GRATITUDE

SELF-CARE CORNER

- | | |
|---|---|
| ☐ Read | ☐ Listen to Podcast |
| ☐ Meditate | ☐ Get some Vitamin D |
| ☐ Get a Facial | ☐ Rest & Relaxation |
| ☐ Move Your Body | ☐ Laugh &/Or Cry |
| ☐ Have Orgasm | ☐ Take a Bath |
| ☐ Eat Veggies | ☐ Drink Water |

DAILY GRATITUDE

SELF-CARE CORNER

- | | |
|---|---|
| ☐ Read | ☐ Listen to Podcast |
| ☐ Meditate | ☐ Get some Vitamin D |
| ☐ Get a Facial | ☐ Rest & Relaxation |
| ☐ Move Your Body | ☐ Laugh &/Or Cry |
| ☐ Have Orgasm | ☐ Take a Bath |
| ☐ Eat Veggies | ☐ Drink Water |



DAILY GRATITUDE

SELF-CARE CORNER

- | | |
|---|---|
| ☐ Read | ☐ Listen to Podcast |
| ☐ Meditate | ☐ Get some Vitamin D |
| ☐ Get a Facial | ☐ Rest & Relaxation |
| ☐ Move Your Body | ☐ Laugh &/Or Cry |
| ☐ Have Orgasm | ☐ Take a Bath |
| ☐ Eat Veggies | ☐ Drink Water |

DAILY GRATITUDE

SELF-CARE CORNER

- | | |
|---|---|
| ☐ Read | ☐ Listen to Podcast |
| ☐ Meditate | ☐ Get some Vitamin D |
| ☐ Get a Facial | ☐ Rest & Relaxation |
| ☐ Move Your Body | ☐ Laugh &/Or Cry |
| ☐ Have Orgasm | ☐ Take a Bath |
| ☐ Eat Veggies | ☐ Drink Water |



DAILY GRATITUDE

SELF-CARE CORNER

- | | |
|---|---|
| ☐ Read | ☐ Listen to Podcast |
| ☐ Meditate | ☐ Get some Vitamin D |
| ☐ Get a Facial | ☐ Rest & Relaxation |
| ☐ Move Your Body | ☐ Laugh &/Or Cry |
| ☐ Have Orgasm | ☐ Take a Bath |
| ☐ Eat Veggies | ☐ Drink Water |

DAILY GRATITUDE

SELF-CARE CORNER

- | | |
|---|---|
| ☐ Read | ☐ Listen to Podcast |
| ☐ Meditate | ☐ Get some Vitamin D |
| ☐ Get a Facial | ☐ Rest & Relaxation |
| ☐ Move Your Body | ☐ Laugh &/Or Cry |
| ☐ Have Orgasm | ☐ Take a Bath |
| ☐ Eat Veggies | ☐ Drink Water |



DAILY GRATITUDE

SELF-CARE CORNER

- | | |
|---|---|
| ☐ Read | ☐ Listen to Podcast |
| ☐ Meditate | ☐ Get some Vitamin D |
| ☐ Get a Facial | ☐ Rest & Relaxation |
| ☐ Move Your Body | ☐ Laugh &/Or Cry |
| ☐ Have Orgasm | ☐ Take a Bath |
| ☐ Eat Veggies | ☐ Drink Water |

DAILY GRATITUDE

SELF-CARE CORNER

- | | |
|---|---|
| ☐ Read | ☐ Listen to Podcast |
| ☐ Meditate | ☐ Get some Vitamin D |
| ☐ Get a Facial | ☐ Rest & Relaxation |
| ☐ Move Your Body | ☐ Laugh &/Or Cry |
| ☐ Have Orgasm | ☐ Take a Bath |
| ☐ Eat Veggies | ☐ Drink Water |



DAILY GRATITUDE

SELF-CARE CORNER

- | | |
|---|---|
| ☐ Read | ☐ Listen to Podcast |
| ☐ Meditate | ☐ Get some Vitamin D |
| ☐ Get a Facial | ☐ Rest & Relaxation |
| ☐ Move Your Body | ☐ Laugh &/Or Cry |
| ☐ Have Orgasm | ☐ Take a Bath |
| ☐ Eat Veggies | ☐ Drink Water |

DAILY GRATITUDE

SELF-CARE CORNER

- | | |
|---|---|
| ☐ Read | ☐ Listen to Podcast |
| ☐ Meditate | ☐ Get some Vitamin D |
| ☐ Get a Facial | ☐ Rest & Relaxation |
| ☐ Move Your Body | ☐ Laugh &/Or Cry |
| ☐ Have Orgasm | ☐ Take a Bath |
| ☐ Eat Veggies | ☐ Drink Water |



DAILY GRATITUDE

SELF-CARE CORNER

- | | |
|---|---|
| ☐ Read | ☐ Listen to Podcast |
| ☐ Meditate | ☐ Get some Vitamin D |
| ☐ Get a Facial | ☐ Rest & Relaxation |
| ☐ Move Your Body | ☐ Laugh &/Or Cry |
| ☐ Have Orgasm | ☐ Take a Bath |
| ☐ Eat Veggies | ☐ Drink Water |

DAILY GRATITUDE

SELF-CARE CORNER

- | | |
|---|---|
| ☐ Read | ☐ Listen to Podcast |
| ☐ Meditate | ☐ Get some Vitamin D |
| ☐ Get a Facial | ☐ Rest & Relaxation |
| ☐ Move Your Body | ☐ Laugh &/Or Cry |
| ☐ Have Orgasm | ☐ Take a Bath |
| ☐ Eat Veggies | ☐ Drink Water |

ABOUT THE AUTHOR



TAMRA LAMESE

Tamra Lamese is a certified Self-Love & Confidence Coach. She helps people realize their purpose and make progress in their lives in order to create fulfillment and happiness. She is a fur mom to two rescue dogs and a rescue cat. Tamra currently resides in Las Vegas, Nevada with her husband. Together they own and operate Dozeland Creative Marketing. Find her online at tamralamese.com and [@tamralamese](https://www.instagram.com/tamralamese) or email her at tamra@dozeland.com.

