

Journaling Pages

Fierce Self-Care

Lesson 4: Self-Care for the Heart

Self-Love is one of the main foundations for practicing Self-Care for the Heart. When we love who we are, we heal those parts of ourselves that have been hurt or misunderstood. Self-Love also allows us to nurture a deeper relationship with ourselves; so much so that we are ignited to be more gentle, go slower, and feel the sacredness of what we are. That is the ultimate form of Self-Care for the heart. Use these journaling pages to dive deep into your heart space!

Do you love who you are fully and completely?

YES

NO

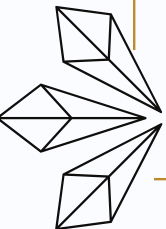
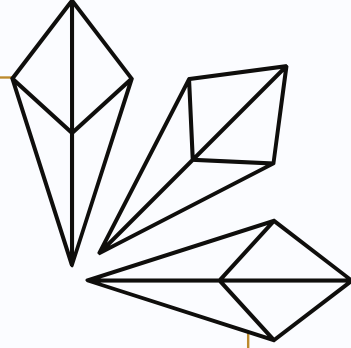
If you answered no, can you make a commitment to loving yourself more fully in the days to come?

YES

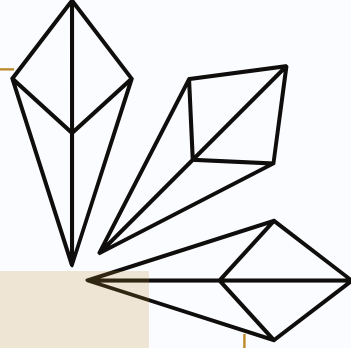
NO

What are the things you love most about yourself?

Take a moment to close your eyes, breathe deeply, and focus on your heart. Are there any stuck emotions or feelings there that you haven't yet processed? If so, what are the emotions and where do you feel they originate from? (We'll work to move through this in our meditation!)



Again, take a moment to close your eyes and tune into the heart. Is there anything present there that wants to be expressed but hasn't been? If so, how can you start to express your heart more fully in your day-to-day life?



Do you feel fulfilled by your current relationships? Why or why not?

YES

NO

How can you be more loving and present in your relationships?

How can you be more gentle and loving to yourself?

