

THE CARING FOR ME COLLECTION



A SELF-LOVE AND SELF-WORTH JOURNAL

I Am Enough



*30 days to recognize your worth, honor your boundaries and allow yourself
to receive*

30
DAYS





This journal belongs to



MY NAME

START DATE

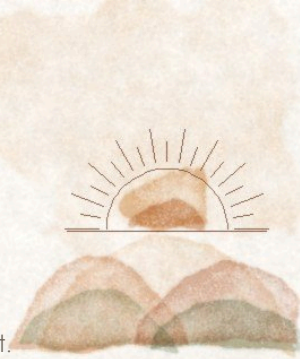
WHY I AM STARTING THIS JOURNAL

These pages aren't here to fix you: they want to help you recognize, hear and choose yourself.

Choosing myself again



Self-love isn't feeling confident all the time; it's not abandoning yourself when you aren't.



1

Acknowledge

Notice your qualities, needs and achievements without minimizing what's in you.

2

Protect

Create boundaries and choices that care for your energy, your body and your voice.

3

Receive

Allow support, rest, joy and affection without having to earn them first.

You don't need to love yourself perfectly. It's enough to practice a more loyal relationship with yourself.