

7-day Journal

I SEE Self-Love



This Week I Will See:

**ALL THE THINGS I LOVE ABOUT MYSELF
ON THE INSIDE AND OUTSIDE**

What I Need



10 minutes

A Grown-Up



Indoors

Pencil or Crayons





HOW TO BUILD A HABIT OF **SELF-LOVE**

Want to raise brave & authentic kids who love themselves for who they are? The most important thing you can do is focus more on their self-love, starting today.

Self-Love is at the core of our kids' Inner World. The Inner World being the invisible part of them that influences how they experience everything in life.

Most parents want their kids to be happy, resilient, confident, loved, brave, authentic....

And all that stems from kids first accepting and loving themselves just the way they are.

When our kids love themselves, they are more likely to:

Embrace their gifts and uniqueness

-

Bounce back from mistakes quicker

-

Have more confidence

-

Deal with life's ups and downs in a healthy way

Date:

What is Love?

What does love mean to you? Who or what do you think of when you hear the word “love”?

Talk about it with your grown-up / Draw or write your answers

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.....
.....

What is one thing you love about yourself?

★ **On the Inside**
(examples: I’m loving, smart, creative, funny, kind, helpful...)

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★ **On the Outside**
(examples: my smile, eyes, feet, arms, muscles, hair)

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.....

YOUR SELF-LOVE LIGHT IS SHINING BRIGHTER...



Grown-Up Tips:



- Love is hard to define. According to Webster, love is ‘an intense feeling of deep affection’. We believe your child’s definition is probably even better ;)
- This is a wonderful way to have awareness and understanding of your child’s understanding of self-love at the present moment. Enjoy what your child comes up with and just listen.



Date:

Close your eyes and think of everything that happened today...
Which feelings visited me today?



Give those feelings a BIG HUG 

What did I love about myself today?

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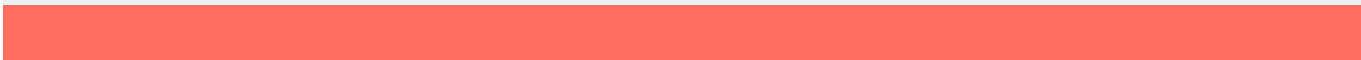
Say THANK YOU to it! 

BREATHE & BELIEVE

Say **"I LOVE MYSELF JUST THE WAY I AM."**

Close your eyes. Take **1** Deep Breath.

Color/shade in the number of breaths you took.



Date:

Close your eyes and think of everything that happened today...
Which feelings visited me today?

Happy



Confident



Sad



Angry





Give those feelings a BIG HUG



What did I love about myself today?

A grid of 20 rows and 20 columns of small grey dots for writing.

Say THANK YOU to it!



BREATHE & BELIEVE

Say **"I LOVE MYSELF JUST THE WAY I AM."**

Close your eyes. Take **1** Deep Breath.

Color/shade in the number of breaths you took.



Date:

Close your eyes and think of everything that happened today...
Which feelings visited me today?



Give those feelings a BIG HUG 

What did I love about myself today?

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Say THANK YOU to it! 

BREATHE & BELIEVE

Say **"I LOVE MYSELF JUST THE WAY I AM."**

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Color/shade in the number of breaths you took.



Date:

Close your eyes and think of everything that happened today...
Which feelings visited me today?

Happy



Confident



Sad



Angry





Give those feelings a BIG HUG



What did I love about myself today?

A grid of 20 rows and 20 columns of small dots for writing.

Say THANK YOU to it!



BREATHE & BELIEVE

Say **"I LOVE MYSELF JUST THE WAY I AM."**

Close your eyes. Take **1** Deep Breath.

Color/shade in the number of breaths you took.



Date:

Close your eyes and think of everything that happened today...
Which feelings visited me today?



Give those feelings a BIG HUG 

What did I love about myself today?

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Say THANK YOU to it! 

BREATHE & BELIEVE

Say **"I LOVE MYSELF JUST THE WAY I AM."**

Close your eyes. Take **1** Deep Breath.

Color/shade in the number of breaths you took.



Date:

Close your eyes and think of everything that happened today...
Which feelings visited me today?

Happy



Confident



Sad



Angry





Give those feelings a BIG HUG



What did I love about myself today?

A grid of 20 small dots arranged in 4 rows and 5 columns, intended for writing a response.

Say THANK YOU to it!



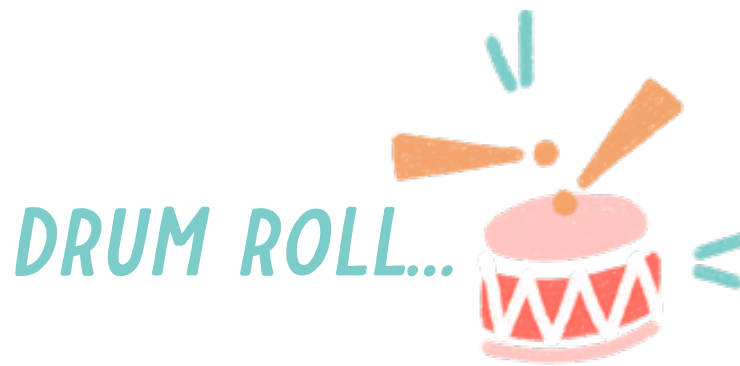
BREATHE & BELIEVE

Say **"I LOVE MYSELF JUST THE WAY I AM."**

Close your eyes. Take **1** Deep Breath.

Color/shade in the number of breaths you took.





SHOW YOUR GROWN-UP HOW YOU ROCK!

Look what I did this week:

**I realized there are many things
to love about me, inside and out.**

My light is **SHINING BRIGHTER** because:

- I filled out **7** days of my journal.
- I thought of something I love about myself every day.
- I hugged & accepted my feelings every day.
- I said THANK YOU every day.
- I practiced breathing & affirmations every day.



Take a picture and tag **@HatchBrighter** on Instagram & Facebook

Time to
CELEBRATE!

Share a **high-five**
with a grown-up!

If you enjoyed the journaling and reflection process,
access the full 10-week Self-Love Journal here and
sign up for FREE weekly resources:



www.hatchbrighter.com/

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