



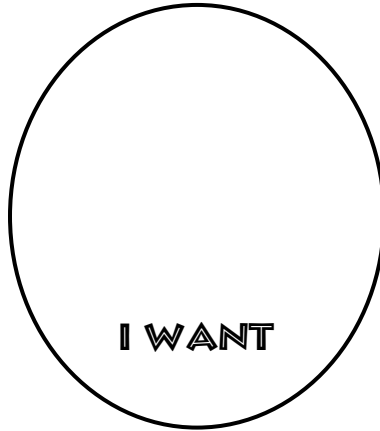
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Created by Lava Lily

~ Lava Stone ~
Grounding, Calming & Rebirth
~ Lily of the Valley ~
Humility, Sweetness & Purity
"Return to happiness"

Daily Self Love Check-in

Today I am GRATEFUL for...

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____

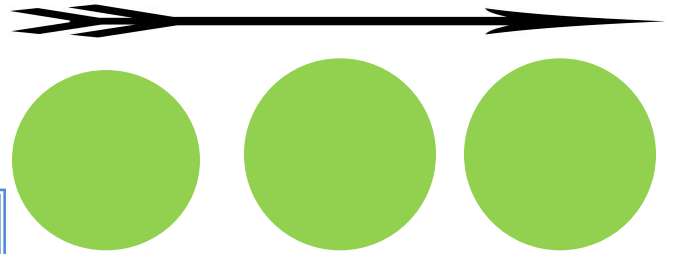


10 things I love about myself

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

2 New things I learnt recently....

3 NEW THINGS I'D LIKE TO TRY



LET PEOPLE SEE THE REAL, IMPERFECT, FLAWED, QUIRKY, WEIRD, BEAUTIFUL,
MAGICAL PERSON THAT YOU ARE

Describe your perfect day... where are you, what do you see, who are you with, what are you doing, how do you feel?

I love _____
(Your full name)

~I'm not beautiful like YOU... I am beautiful like Me~