

The Truth: Discover who you really are
Week One



Please read your affirmations daily, out loud, and in a mirror to yourself.

This week you're going to begin your **Journal of Love**. Journal everyday about your day. How was it emotionally? How many times did you ground yourself? How did you feel before you grounded yourself? How did you feel after? Write down everything! And don't forget to date each entry!

Date: _____

Please say these affirmations out loud in the mirror before writing. You may find it helpful to print a copy of this affirmation and stick it on your mirror. Say this out loud as many times a day as you can.

Week one affirmation:

Affirmations are any statement we make- either positive or negative. In this case we will be focusing on POSITIVE affirmations daily. Always make your affirmations in the present tense (example: "I AM," "I WANT," "I HAVE"). Making your affirmations in the mirror helps reflect the feelings you are having about yourself.

I am a divine gift of Spirit/God.
I am worthy of peace.
I am open, clean, clear, and balanced.
I surround myself with love and happiness always.
Abundance is coming to me always, and is here now.
I am healthy, whole, and complete.
I love myself and others unconditionally.
I am full of peace and bring peace to others.
I am surrounded by loving and giving people.
I am honest with myself and others.
I forgive myself for everything.
I forgive others for everything.
I am free. I am balanced. I am one with God and all of creation.
I am **amazing** and ready for greatness!
I am blessed to learn every lesson given to me and I welcome them all.
Thank you God/Spirit for giving me the gift of life, I will not waste one moment.

My Dialogue To Myself



When did I feel stressed today?

When did I feel anxiety today?

How many times did you ground yourself today?



Before I grounded myself, this is how I felt...

After I grounded myself, this is how I felt...

List three (3) things you love about today:



- 1.
- 2.
- 3.

List three (3) things you want to change about today:

- 1.
- 2.
- 3.

I used my intuition today when:

How did I love and honor myself today?
