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FALLING IN
LOVE WITH
MYSELF
(AGAIN)

|

a journal from
AYANA ALI

WELCOME TO THE "FALLING IN LOVE WITH MYSELF (AGAIN)" JOURNAL!

This journal is designed to help you reconnect with yourself, rediscover your passions, and learn to love yourself again. Through daily prompts and exercises, you will be guided on a journey of self-discovery, self-acceptance, and self-love.

It provides a daily journaling routine, a guide on overcoming negative self-talk, 25 powerful affirmations, and 30 additional deep journal prompts to fall in love with yourself again.

Falling in love with yourself is important because it lays the foundation for healthy relationships and overall well-being.

When you love and accept yourself, you are more likely to have positive relationships with others and to make choices that align with your values and goals.

Additionally, self-love can lead to greater self-esteem, improved mental health, and a more satisfying life.

When you love yourself, you are more likely to care for your physical, emotional, and spiritual needs, which can lead to increased happiness and fulfillment.

Enjoy the journey back to yourself.

Let's get started!



ABOUT THE AUTHOR



AYANA ALI

Hi! I am Ayana, a Licensed Clinical Social Worker (LCSW), coach, wife, mom, and dog mother. I am an anxiety warrior, working every day to live freely and without worry. I have lived through infertility and repeated pregnancy loss. I also overcame a pregnancy related medical malpractice that almost killed me. I am a healer and a survivor and an expert at teaching others to not only survive, but also to thrive.

DISCLAIMER: THIS JOURNAL AND ITS CONTENTS ARE INTENDED FOR INFORMATIONAL AND SELF-HELP PURPOSES ONLY. IT IS RECOMMENDED THAT YOU CONSULT WITH A PROFESSIONAL BEFORE MAKING ANY SIGNIFICANT CHANGES TO YOUR LIFESTYLE OR MENTAL HEALTH ROUTINE. ALWAYS SEEK PROFESSIONAL HELP IF YOU HAVE CONCERNS ABOUT YOUR MENTAL OR PHYSICAL WELL-BEING.

DAILY JOURNALING ROUTINE

ANSWER THESE FIVE QUESTIONS EVERY SINGLE DAY
THROUGHOUT THE NEXT 30 DAYS:

1. What am I proud of myself for today?

This question can help you focus on your accomplishments and what you've done well, which can boost your self-esteem and confidence.

2. What are three things that I like about myself?

Reflecting on your positive qualities can help you appreciate yourself more and see yourself in a more positive light.

DAILY JOURNALING ROUTINE

3. What are some self-care activities that I can do today?

Practicing self-care can help you take better care of yourself, both physically and mentally, which can improve your overall well-being and make you feel better about yourself.

4. What are some things that I can do today to achieve my goals?

Setting goals for yourself and taking steps to achieve them can help you feel a sense of purpose and accomplishment, which can be very empowering.

DAILY JOURNALING ROUTINE

5. What are some things I am grateful for in my life?

Reflecting on the things that you are grateful for can help you focus on the positive aspects of your life and appreciate the good things that you have, which can make you feel more content and fulfilled.



REMEMBER THAT IT'S IMPORTANT TO BE KIND AND GENTLE WITH YOURSELF. AVOID NEGATIVE SELF-TALK AND TRY TO BE AS OBJECTIVE AS POSSIBLE. REMEMBER THAT IT'S NORMAL TO HAVE A NEGATIVE THOUGHT OR TWO. IT'S JUST HOW WE RESPOND TO IT THAT MATTERS.

STOP THE NEGATIVE SELF-TALK

Becoming aware of and busting negative self-talk is an important step in improving your self-esteem and overall well-being. Here is a guide that can help you become more aware of negative self-talk and learn strategies for dealing with it.

1.

BECOME AWARE OF YOUR NEGATIVE SELF-TALK: THE FIRST STEP IN DEALING WITH NEGATIVE SELF-TALK IS TO BECOME AWARE OF WHEN YOU'RE DOING IT. START PAYING ATTENTION TO THE THOUGHTS THAT GO THROUGH YOUR MIND THROUGHOUT THE DAY, AND NOTE WHEN THEY'RE NEGATIVE OR CRITICAL. YOU CAN ALSO KEEP A JOURNAL AND WRITE DOWN THE NEGATIVE THOUGHTS THAT COME UP. THIS WAY, YOU CAN REFLECT ON THE PATTERNS AND TRIGGERS OF THOSE THOUGHTS.

2.

CHALLENGE THE NEGATIVE THOUGHTS: ONCE YOU'VE BECOME AWARE OF YOUR NEGATIVE SELF-TALK, YOU CAN START CHALLENGING IT. ASK YOURSELF IF THE THOUGHTS ARE BASED ON FACTS OR JUST ASSUMPTIONS. LOOK FOR EVIDENCE THAT CONTRADICTS THE NEGATIVE THOUGHT, AND QUESTION THE ASSUMPTIONS THAT THE THOUGHT IS BASED ON.

3.

REPLACE NEGATIVE THOUGHTS WITH POSITIVE ONES: WHEN YOU'VE CHALLENGED AND QUESTIONED YOUR NEGATIVE SELF-TALK, IT'S IMPORTANT TO REPLACE IT WITH POSITIVE THOUGHTS. THINK OF ALTERNATIVE THOUGHTS THAT ARE MORE REALISTIC AND POSITIVE. FOR EXAMPLE, INSTEAD OF "I'M SO STUPID," YOU CAN TELL YOURSELF, "I AM CAPABLE OF LEARNING AND GROWING."

4.

PRACTICE MINDFULNESS: MINDFULNESS CAN BE A USEFUL TOOL FOR DEALING WITH NEGATIVE SELF-TALK. BY FOCUSING ON THE PRESENT MOMENT AND BEING NON-JUDGMENTAL, YOU CAN OBSERVE YOUR THOUGHTS WITHOUT GETTING CAUGHT UP IN THEM. THIS CAN HELP YOU GAIN A SENSE OF DISTANCE AND PERSPECTIVE ON YOUR NEGATIVE SELF-TALK, MAKING IT EASIER TO CHALLENGE AND REPLACE IT.



5.

BE KIND TO YOURSELF: REMEMBER TO BE KIND AND COMPASSIONATE TO YOURSELF. NEGATIVE SELF-TALK IS A COMMON HUMAN EXPERIENCE, AND EVERYONE HAS MOMENTS OF SELF-DOUBT OR NEGATIVE THOUGHTS. BE PATIENT WITH YOURSELF AND REMIND YOURSELF THAT IT'S OKAY TO MAKE MISTAKES AND THAT YOU ARE LEARNING.

6.

SEEK SUPPORT: SOMETIMES, IT CAN BE HELPFUL TO TALK TO A THERAPIST, COACH, OR COUNSELOR WHO CAN HELP YOU WORK THROUGH YOUR NEGATIVE SELF-TALK AND DEVELOP NEW WAYS OF THINKING. THEY CAN ALSO HELP YOU IDENTIFY UNDERLYING CAUSES OF NEGATIVE SELF-TALK, SUCH AS PAST TRAUMAS OR INSECURITIES, AND HELP YOU DEVELOP COPING MECHANISMS TO MANAGE THEM.

BREAKING THE CYCLE OF NEGATIVE SELF-TALK CAN BE CHALLENGING, BUT WITH PRACTICE, IT IS POSSIBLE TO CHANGE THE WAY WE THINK ABOUT OURSELVES AND BE MORE KIND AND UNDERSTANDING TO OURSELVES. REMEMBER THAT IT'S A PROCESS, IT MAY TAKE TIME BUT AS YOU PRACTICE THESE STEPS AND AS YOU BECOME MORE AWARE OF YOUR NEGATIVE SELF-TALK, IT WILL BECOME EASIER TO IDENTIFY AND CHANGE THE NEGATIVE THOUGHTS.

HERE ARE SOME EXAMPLES OF HOW TO REPLACE NEGATIVE STATEMENTS ABOUT YOURSELF WITH MORE LOVING STATEMENTS:



"I'm so stupid, I can't do anything right."

"I'm never going to be successful."

"I look terrible today."

"I'm a failure."

"I can't do this."

"I'm not good enough."

"I'm so lazy."

"I'm always going to be alone."

"I'm not smart enough."

"I can't believe I made that mistake."



"I am capable and will learn from my mistakes."

"I am determined and will work towards achieving my goals."

"I am beautiful and unique in my own way."

"I am successful in my own way, and I will learn from my failures."

"I can do this, and I will give it my best effort."

"I am good enough, and I am worthy of love and acceptance."

"I am capable and will work towards becoming more productive."

"I am lovable and will attract positive relationships."

"I am intelligent and capable of learning new things."

"I made a mistake, and it's okay. I will learn from it and improve."

30 POWERFUL AFFIRMATIONS TO FALL IN LOVE WITH YOURSELF (AGAIN)

1. I AM WORTHY OF LOVE AND ACCEPTANCE.
2. I AM CAPABLE OF ACHIEVING MY GOALS.
3. I TRUST AND RESPECT MYSELF.
4. I AM PROUD OF WHO I AM.
5. I AM DESERVING OF HAPPINESS.
6. I CHOOSE TO FOCUS ON THE POSITIVE IN MY LIFE.
7. I AM STRONG AND RESILIENT.
8. I AM GRATEFUL FOR MY UNIQUE QUALITIES AND TALENTS.
9. I AM IN CONTROL OF MY OWN HAPPINESS.
10. I AM CONSTANTLY GROWING AND IMPROVING.
11. I AM SURROUNDED BY LOVE AND SUPPORT.
12. I TRUST THE JOURNEY OF MY LIFE.
13. I AM WORTHY OF A FULFILLING LIFE.
14. I RELEASE NEGATIVE THOUGHTS AND EMOTIONS.
15. I CHOOSE TO SEE THE BEAUTY IN MYSELF AND OTHERS.
16. I AM OPEN TO LEARNING AND SELF-DISCOVERY.
17. I AM GRATEFUL FOR MY IMPERFECTIONS AS THEY MAKE ME UNIQUE.
18. I AM DESERVING OF HEALTHY AND LOVING RELATIONSHIPS.
19. I AM CONFIDENT IN MY DECISIONS.
20. I AM PROUD OF MY ACCOMPLISHMENTS.
21. I AM STRONG ENOUGH TO OVERCOME ANY CHALLENGE.
22. I AM GRATEFUL FOR MY LIFE EXPERIENCES.
23. I CHOOSE TO FOCUS ON SELF-CARE AND SELF-LOVE.
24. I AM PROUD OF THE PERSON I AM BECOMING.
25. I AM IN CONTROL OF MY OWN THOUGHTS AND EMOTIONS.
26. I AM GRATEFUL FOR MY ABILITY TO LOVE AND BE LOVED.
27. I TRUST THE PROCESS OF MY LIFE.
28. I AM WORTHY OF SUCCESS AND ABUNDANCE.
29. I CHOOSE TO LET GO OF NEGATIVE SELF-TALK.
30. I AM CAPABLE OF CREATING THE LIFE I WANT.

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ADDITIONAL DEEP
JOURNAL
PROMPTS TO FALL
IN LOVE WITH
YOURSELF (AGAIN)

30 ADDITIONAL DEEP JOURNAL PROMPTS TO FALL IN LOVE WITH YOURSELF (AGAIN)

What are your core values and how do they align with your current life choices?

What are your biggest fears and how do they hold you back from loving yourself fully?

What are some things you appreciate about yourself?

30 ADDITIONAL DEEP JOURNAL PROMPTS TO FALL IN LOVE WITH YOURSELF (AGAIN)

What are some things you would like to change about yourself and why?

How have your past experiences shaped the way you view yourself?

What are some things you are proud of yourself for achieving?

30 ADDITIONAL DEEP JOURNAL PROMPTS TO FALL IN LOVE WITH YOURSELF (AGAIN)

How do you speak to yourself? Is it kind and supportive or critical and harsh?

How do you prioritize self-care in your daily routine?

What are some things you want to accomplish in your life?

30 ADDITIONAL DEEP JOURNAL PROMPTS TO FALL IN LOVE WITH YOURSELF (AGAIN)

How do you react to failure or rejection?

What are some things you want to let go of in order to love yourself more fully?

What are some things that bring you joy and make you feel fulfilled?

30 ADDITIONAL DEEP JOURNAL PROMPTS TO FALL IN LOVE WITH YOURSELF (AGAIN)

How do you show love and affection to yourself?

What are some things you need in order to feel secure and loved?

How do you practice self-compassion?

30 ADDITIONAL DEEP JOURNAL PROMPTS TO FALL IN LOVE WITH YOURSELF (AGAIN)

What are some things you would like to improve about yourself and how can you achieve that?

How do you react when you are faced with challenges or difficult situations?

What are some things you would like to forgive yourself for?

30 ADDITIONAL DEEP JOURNAL PROMPTS TO FALL IN LOVE WITH YOURSELF (AGAIN)

How do you view yourself in comparison to others?

What are some things you are grateful for in your life?

How do you set boundaries with others in order to protect yourself?

30 ADDITIONAL DEEP JOURNAL PROMPTS TO FALL IN LOVE WITH YOURSELF (AGAIN)

What are some things you would like to learn about yourself?

How do you want to grow and change as a person in the future?

How do you celebrate your successes and achievements?

30 ADDITIONAL DEEP JOURNAL PROMPTS TO FALL IN LOVE WITH YOURSELF (AGAIN)

What are some things you would like to change in your current relationships?

How do you deal with negative emotions such as anger, sadness, or anxiety?

How do you want to be remembered by others?

30 ADDITIONAL DEEP JOURNAL PROMPTS TO FALL IN LOVE WITH YOURSELF (AGAIN)

What are your life goals and how can you work towards them?

How do you want to be treated by others?

How do you envision your ideal life and what steps can you take to create it?

NOTES