



THE FOUR PILLARS OF *self-love*

A GUIDED JOURNAL

4-WEEKS TO A MORE AUTHENTIC & NURTURED YOU

a free gift from
THEINBETWEENCOLLECTIVE.COM

WHAT IS

self-love?

A deep and unconditional acceptance, appreciation, and love for yourself.

Treating yourself with kindness, compassion, and respect, and recognizing your inherent worth and value as a human being.

Self-love is not selfishness or self-centeredness, but rather a fundamental aspect of your well-being and personal growth.

It involves taking care of yourself physically, emotionally, and mentally, and cultivating a positive relationship with yourself.

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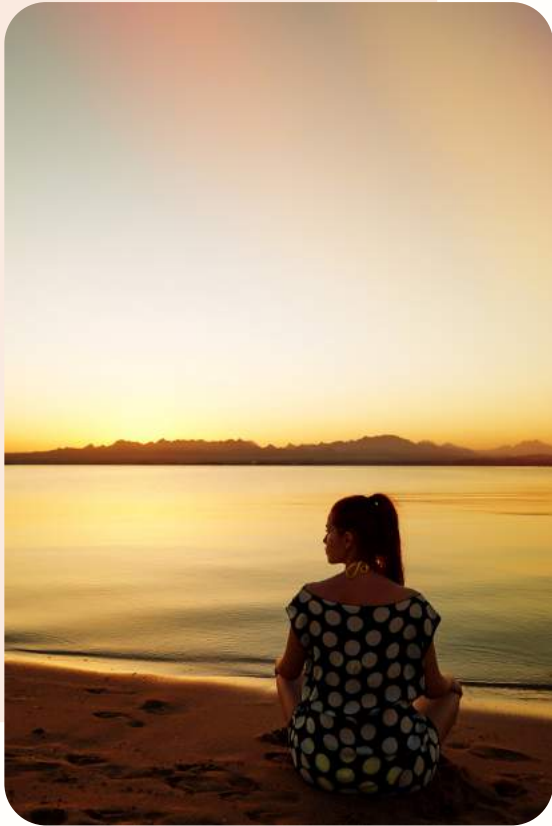
Thank you from Tammie, Founder of The In-Between Collective

INTRODUCTION

Welcome to your SELF-LOVE guided journal ebook by the In-Between Collective.

This journal is designed using the 4 pillars of self-love: self-awareness, self-acceptance, self-care, and self-compassion. Each section will guide you through different exercises, prompts, and activities that will help you understand and improve each area.

In this journal, you will find guided prompts, exercises, and activities that will help you explore and deepen your self-love.



Week 1, self-awareness, will help you gain a better understanding of yourself and your thoughts, feelings, and beliefs. You will learn how to watch your thoughts and feelings without judging them, and you will get a better understanding of your patterns and habits.

Week 2, self-acceptance, will help you accept and love yourself exactly as you are. You will learn how to be kind and compassionate to yourself, and how to let go of self-criticism and negative self-talk.

Week 3, self-care, will teach you how to take care of yourself and your well-being. You will learn how to set boundaries, prioritize self-care, and create a self-care routine that works for you.



Week 4, self-compassion, will help you learn to be kind to yourself, especially when things are hard. You will learn how to be kind and understanding to yourself, how to speak to yourself with a compassionate voice, and how to be supportive and encouraging to yourself.

As you work through this journal, keep in mind that self-love is a journey, not a destination. There is no right or wrong way to do this. The most important thing is that you are kind and compassionate to yourself as you explore your thoughts and feelings.

If, at the end of your 30-day journey, you feel like you'd like to explore each subject deeper, we do have a 120-day guided journal available for purchase! Inquire on the website WWW.THEINBETWEENCOLLECTIVE.COM

Without further ado, let's get started!

WEEK 1 SELF-AWARENESS

definition & our WHY for needing to understand this more

What exactly is self-awareness?

Self-awareness means knowing our thoughts, feelings, and behaviors. It includes understanding our feelings, motives, and methods of thinking, and how these impact our behaviors and interactions with others.

Without awareness, how can we reflect on emotions, motives, and thought patterns?

Mindfulness cultivates self-awareness. Mindfulness means being present without judgment. Mindfulness helps us notice our thoughts, feelings, and physical sensations in the now. This awareness can help us identify trends and triggers that may be affecting us and identify our needs and wants.

Journaling is another self-reflection method. We can understand our motivations and thought processes by reflecting on our history. This can help us "unstuck" and learn new ways to handle tough emotions.

EXERCISE

Week 1 SELF-AWARENESS

Body Scan Meditation

In a lying-down or sitting position, I want you to close your eyes.

From your head, slowly scan your body. When you scan your body from head to toe, notice how each section feels (tight or relaxed).

Breathe into tight areas for a moment to relax them before continuing.

This is a great exercise to do when you're feeling out of your body. It's a good check-in to get back in, relax, and get on with your day.

This is also a wonderful exercise to do at night!

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Week 1 SELF-AWARENESS

Begin by reflecting on what it means to be self-aware. What does it look and feel like to be fully present and attuned to your own thoughts, feelings, and actions? Write down any thoughts or ideas that come to mind.

affirmation

I am aware of my thoughts, feelings, and behaviors, and I accept them without judgment.

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Week 1 SELF-AWARENESS

Consider a recent situation where you felt triggered or reactive. Take some time to explore what emotions came up for you in that moment and how you responded. What could you have done differently? What did you learn about yourself through this experience?

affirmation

I am constantly gaining deeper insight into who I am and what I need.

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Week 1 SELF-AWARENESS

Take some time to reflect on your goals and aspirations. What do you hope to achieve in your personal or professional life? What steps do you need to take to get there, and what challenges or obstacles might you face along the way? How can you become more self-aware to help you stay motivated and focused?

affirmation

I am committed to developing a greater understanding of myself and the world around me.

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Week 1 SELF-AWARENESS

Consider the relationships in your life. How do you show up in these relationships? Are there any patterns or habits that you notice in the way you interact with others? How do you communicate your needs and boundaries?

affirmation

I am mindful and present in each moment, fully engaged with my surroundings.

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Week 1 SELF-AWARENESS

Reflect on any areas of your life where you feel stuck or stagnant. What might be holding you back from moving forward? Are there any limiting beliefs or negative self-talk that you need to release in order to make progress?

affirmation

I am patient and compassionate with myself as I continue to grow and evolve.

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Week 1 SELF-AWARENESS

Consider the various roles you play in your life (for example, parent, partner, friend, and employee). How do these roles impact your sense of self and your overall well-being? What boundaries do you need to set in order to ensure that you are honoring your own needs and priorities?

affirmation

I am open to receiving feedback and using it to better understand myself.

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Week 1 SELF-AWARENESS

Write about a situation where you felt a strong sense of intuition or inner knowing. What did this experience feel like, and how did it impact your decision-making or behavior? How can you learn to trust your intuition and inner wisdom more in your everyday life?

affirmation

I am constantly evolving and becoming the best version of myself.

WEEK 2 SELF-ACCEPTANCE

definition & our WHY for needing to understand this more

What exactly is self-acceptance?

That means accepting oneself, warts and all. It's about accepting yourself without comparing yourself to others or seeking external validation.

In more complicated terms, self-acceptance can encompass a deeper investigation of one's identity and personal beliefs. There is also an acknowledgement of how societal norms and cultural expectations may have shaped one's self-concept. It can entail overcoming guilt or self-doubt that prevents self-acceptance.

Self-acceptance is an ongoing process that requires patience, self-compassion (the 4th pillar of self-love), and a commitment to personal growth and self-discovery.

EXERCISE

Week 2 SELF-ACCEPTANCE

Gratitude Journaling

A gratitude journal is a special kind of journal that is meant to help you feel more thankful and appreciative. You could include anything, big or small, and by writing them down, you're training your brain to focus on the positive aspects of life rather than the negative. You are retraining your brain to keep an eye out for all the good rather than focusing on the bad! Gratitude journaling has been linked to improved mood, reduced stress and anxiety, and better sleep (don't we all need that?!).

Before bed, write a sentence or two about what you were grateful for that day. No need to overthink this—it could be as little as having the time to write or as big as the gift of life! Options are endless, and there's no wrong answer.

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Week 2 SELF-ACCEPTANCE

What are some parts of yourself that you have difficulty accepting? Can you think of a time when these parts of yourself were beneficial to you or someone else? How can you reframe your thoughts about these parts of yourself to be more accepting?

affirmation

I accept myself fully, just as I am.

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Week 2 SELF-ACCEPTANCE

When you think about accepting yourself, what emotions come up for you? Do you feel resistance or openness? What might be contributing to these feelings?

affirmation

I am worthy of love and respect simply because I exist.

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Week 2 SELF-ACCEPTANCE

What beliefs do you hold about what it means to be "perfect"? How do these beliefs impact your ability to accept yourself as you are? How can you change your mindset so that you can accept your flaws and see them as strengths?

affirmation

I trust in my own abilities and believe in myself.

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Week 2 SELF-ACCEPTANCE

Think about a time when someone accepted you exactly as you are. How did that feel? Can you offer that same acceptance to yourself? What actions can you take to cultivate self-acceptance?

affirmation

I honor my own feelings and needs and allow myself to express them authentically.

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Week 2 SELF-ACCEPTANCE

How can you use your own experiences with self-acceptance to help others? How might sharing your story and journey inspire others to accept themselves more fully? What steps can you take to be more vulnerable and authentic with those around you?

affirmation

I embrace my imperfections and see them as a source of strength and growth.

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Week 2 SELF-ACCEPTANCE

What would it feel like to fully accept yourself as you are, without any judgment or criticism?
Can you visualize this feeling in your mind? How can you work towards embodying this feeling
in your daily life?

affirmation

I focused on my own unique journey.

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Week 2 SELF-ACCEPTANCE

What is one thing you can do today to show yourself love and acceptance? It can be a small action or a big one. How can you make sure to prioritize self-acceptance in your daily routine?

affirmation

I treat myself with compassion and kindness, recognizing I am doing the best I can in this moment.

WEEK 3 SELF-CARE

definition & our WHY for needing to understand this more

What exactly is self-care?

Self-care prevents burnout, stress, and other negative effects of not meeting your needs. It involves self-compassion, enjoyment, and relaxation. You are accountable for your physical, emotional, and mental health and creating a space for self-discovery.

You're prioritizing yourself without guilt or selfishness, which is one of the biggest challenges of self-care. Writing in this journal and reflecting on your responses and thoughts can help you feel worthy.



self-care looks different to everyone



EXERCISE

Week 3 SELF-CARE

Relaxation & Mindfulness

This week, I want you to do things that help you relax and feel less stressed, like taking a warm bath, reading, or drinking a cup of tea. All of these can be very beneficial for enhancing overall health and lowering stress.

In addition to the above, I want you to take a few minutes every day to focus on the present and cultivate a sense of calm and clarity. This can be incredibly helpful for reducing stress and improving overall well-being.

Doing these two things together is the ultimate duo when it comes to self-care. Read your self-care affirmation along with the above, and you have the silver bullet trifecta!

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Week 3 SELF-CARE

What does self-care mean to you? How do you define it, and what are some specific practices or activities that you associate with it?

affirmation

I deserve to make self-care a priority in my life.

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Week 3 SELF-CARE

What are the obstacles that prevent you from practicing self-care on a regular basis? How can you work to overcome these obstacles and make self-care a priority in your life?

affirmation

I honor my body's need for rest and will make time for relaxation and rejuvenation on a regular basis.

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Week 3 SELF-CARE

What are some signs that you need to prioritize self-care? What physical, emotional, or mental symptoms do you experience when you're neglecting your own needs?

affirmation

**I will prioritize self-care, even when it feels challenging or uncomfortable,
because I know it is essential to my overall well-being.**

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Week 3 SELF-CARE

How can you make self-care a habit or routine in your daily life? What steps can you take to ensure that you're taking care of yourself on a regular basis?

affirmation

I trust my intuition and will make choices that honor my inner wisdom and sense of what I need.

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Week 3 SELF-CARE

What are some self-care practices that you've been curious about trying but haven't yet attempted? How can you create a plan to try these practices in a safe and supportive way?

affirmation

I will set healthy boundaries to protect my time, energy, and well-being

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Week 3 SELF-CARE

How can you practice self-care when you're feeling overwhelmed or stressed? What strategies can you use to manage your stress and take care of yourself in difficult times?

affirmation

**I am worthy of self-care and will not let feelings of guilt or shame
prevent me from taking care of myself.**

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Week 3 SELF-CARE

How can you involve others in your self-care practice? Who are the people in your life that can support you and help you prioritize your own needs? How can you communicate your needs to them and ask for their help?

affirmation

I am committed to building a self-care routine

WEEK 4 SELF-COMPASSION

definition & our WHY for needing to understand this more

What exactly is self-compassion?

Self-compassion means knowing how important you are and being willing to admit your own pain without judging or criticizing yourself. It means learning to be aware of and accept your own thoughts, feelings, and experiences. It also means learning to be kind and compassionate to yourself.

In much simpler terms, it means treating yourself with the same kindness and care that you would extend to a good friend.

Self-compassion is an important part of self-love because it helps you see and accept your humanity and flaws while still feeling like you're worth something and have dignity.

EXERCISE

Week 4 SELF-COMPASSION

Forgiveness

Forgiveness is the act of letting go.

In this exercise, I want you to identify any negative feelings (resentment, self-blame, etc.) that are weighing you down, and then I want you to choose to forgive them.

This can be done in a variety of ways, both in writing and in person. An example would be picturing a bad feeling and then seeing yourself getting rid of it.

As a reminder: life coaches deal with the NOW and steer you toward the future you want.

This practice addresses the heavy stuff you're still holding onto after you've worked out the trauma with a therapist.

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Week 4 SELF-COMPASSION

Recall a recent situation where you were feeling upset or distressed. Write down the thoughts and feelings that came up for you. Then, imagine that you are talking to a dear friend who is going through the same experience. What would you say to them to offer comfort and support? Now, try to offer yourself the same words of kindness and understanding.

affirmation

I am worthy of love and compassion, just as I am.

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Week 4 SELF-COMPASSION

Think about a time when you experienced failure or made a mistake. How did you respond to yourself? Did you treat yourself with kindness and understanding, or did you criticize and blame yourself? Write about what you would say to a friend who had experienced a similar failure or mistake. Then, write down some words of self-compassion that you could offer yourself in the same situation.

affirmation

I am gentle with myself, especially in moments of pain and struggle.

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Week 4 SELF-COMPASSION

Imagine that you are holding a newborn baby. How do you feel toward this tiny, vulnerable being? How do you interact with them? Now, imagine that you are holding yourself as a newborn baby. How do you feel toward yourself? How do you interact with yourself? Write about the similarities and differences between these two experiences.

affirmation

I release any self-judgment and replace it with self-compassion and kindness.

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Week 4 SELF-COMPASSION

Write down three things that you have been struggling with recently. Then, for each one, try to think of a kind and compassionate way to reframe the situation. For example, instead of thinking, "I'm such a failure for not finishing that project on time," you could reframe it as, "It's understandable that I struggled to finish that project given all the other demands on my time. I'll do my best to complete it as soon as I can, and in the meantime, I'll be gentle with myself."

affirmation

I honor my emotions and allow myself to feel them fully, without judgment.

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Week 4 SELF-COMPASSION

Think about a time when you felt overwhelmed or burned out. What did you do to take care of yourself in that situation? Did you give yourself permission to rest and recharge, or did you push yourself to keep going? Write about how you can show yourself more compassion and kindness during times of stress or burnout.

affirmation

I trust that I am capable of healing and growth, no matter what challenges I face.

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Week 4 SELF-COMPASSION

Write down five things that you appreciate and value about yourself. These could be personal qualities, skills, achievements, or anything else that makes you feel proud or grateful. Then, write a letter of thanks to yourself that acknowledges and celebrates these good things about yourself.

affirmation

I offer myself the same love and compassion that I would offer a dear friend.

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Week 4 SELF-COMPASSION

Reflect on a time when someone you care about was struggling, and you offered them support and encouragement. Write about how it felt to be there for them, and what you said or did to help them. Now, picture giving yourself the same kind of support and encouragement when things are hard. Write down what you would say to yourself, and how you could show yourself kindness and care.

affirmation

I choose to let go of any resentment or blame and practice forgiveness towards myself and others.

SELF-REFLECTION

You did it! You got a big, juicy taste of what it takes to give yourself the love and nourishment you need to THRIVE.

Self-reflection is the perfect way to wrap up a beautiful month learning about self-love.

Set an intention for how you will continue to cultivate the four pillars into your daily life.

What practices or habits can you commit to that will support you in staying present, attuned, and connected to your own inner wisdom and guidance?

I challenge you to push yourself even harder now. I have a beautifully thought provoking four-month long guided journal available via the website or email.

I AM SO PROUD OF YOU!

SELF-REFLECTION

INTENTION SETTING

THANK YOU

It has been an absolute honor and a privilege.

As a thank you, please use this code **IAMWORTHIT** for
22% off the 4-month guided journal.

You can find it here: theinbetweencollective.com

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