



5 Day

*Self Love
Journal*



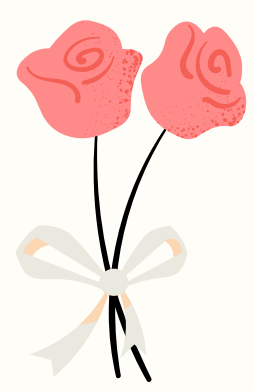
**MAHOGANY WILSON
LCSW**



LOVE LANGUAGE

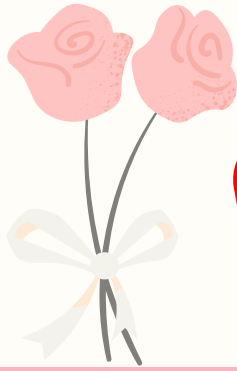
If you haven't already, please take the 5 Love Languages quiz prior to completing this page.

Identify your top one or two love languages.



List ways in which you can show yourself love using your love language.

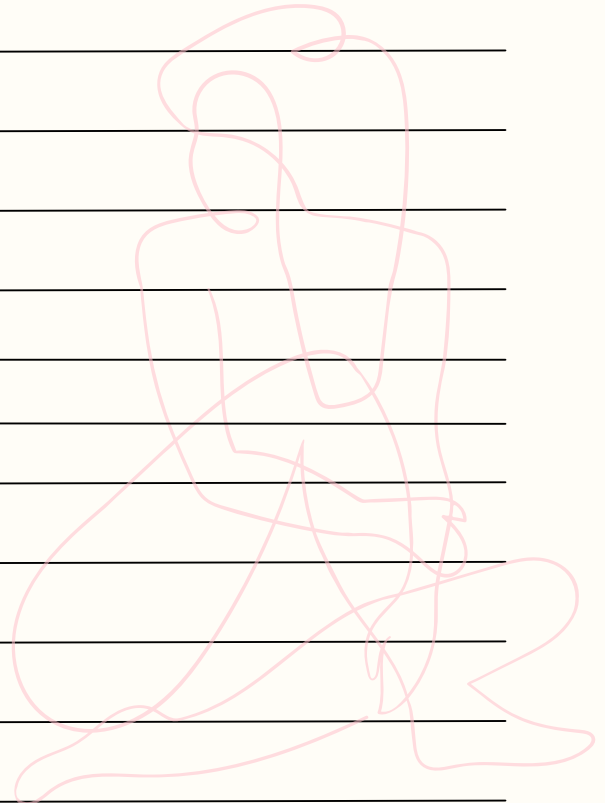




Body Love

DESCRIBE YOUR RELATIONSHIP WITH YOUR BODY

WHEN AND HOW WAS THIS RELATIONSHIP FORMED?



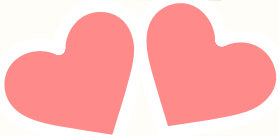


Jealousy

IDENTIFY PEOPLE, THINGS OR SITUATIONS THAT TRIGGER FEELINGS OF JEALOUSY IN YOU.



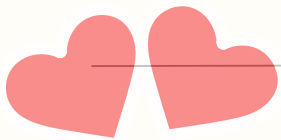
WHAT INFORMATION DO THEY GIVE YOU ABOUT YOUR DESIRES?



Acceptance



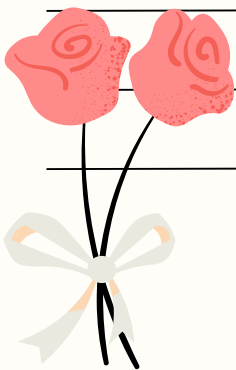
Self Love has more to do with acceptance than change. What are some things you struggle to accept about yourself?

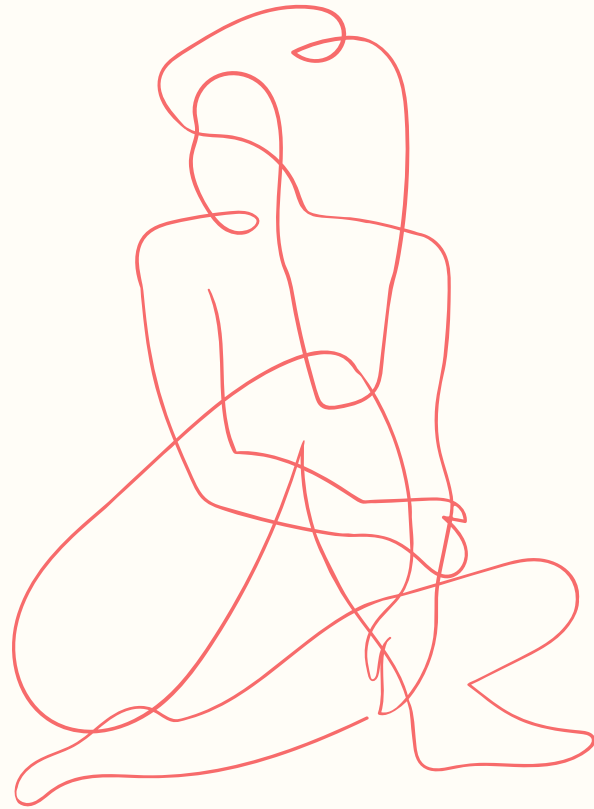


Love Letter



WRITE A LOVE LETTER TO YOURSELF





**BLACKBIRD
THERAPY &
WELLNESS**