

# SELF LOVE SCHOOL

JUNIOR

**WEEK 5:**

JOURNAL WORKSHOP

# NEXT LEVEL JOURNAL PROMPTS

**If you were already at your next level of understanding the YOU ARE ENOUGH** (that your appearance is enough, your being is enough, your body is enough, your love is enough, what you have to offer is enough, and your way of doing things is enough... How would you be feeling NOW?

**If you were already at your next level of understanding** that your desires are perfect and they are FOR you, And that is fully safe to home follow your heart in every area how would you be feeling now?

How else would you feel?

What energy would be circulating in your body right now?

What would you be know and deciding now? What else?

What would you allow yourself to have or do from there?

What would you let go of?

What would you stop trying to prove now?

# JOURNALING

**I'm willing to accept that...** I love food, My body is not at my perfect weight right now. Healing takes the time it takes. I will be ready to work on it again some day, but for now I like my lifestyle and where I'm at.

**I am willing to admit that...** it feels a bit embarrassing to have done this much work and come so far and not see the impact in my income. Having my business succeed is tied to some need to be popular and accepted. Even though I do love myself as I am I still want to see a change in my body,

**The truth is....** I've been really hard on myself, I've been comparing myself to other people to measure my worth, I've been playing small, Dumb is just a role I've been playing, I am very intelligent. I am just getting started

**I ask for help with...** loving every part of myself, feeling safe to be seen, becoming more willing open + receive, feeling deep approval for myself, knowing I am worthy because I am here,

Include ideas you view as positive and ones you view as negative about your current perception of reality

# JOURNALING

**God, please help me see...** it's safe to be me, it's safe to rest, it's safe to follow my heart and trust myself, the love + friendship all around me, please show me how much you don't need my help

**I now declare that...** I love myself fully and completely. I am done depriving myself of what I most want, I get to go to my next level and live life on my terms, Life is getting easier for me, I feel younger than ever, I am at my next level now

*Include ideas you view as positive and ones you view as negative about your current perception of reality*