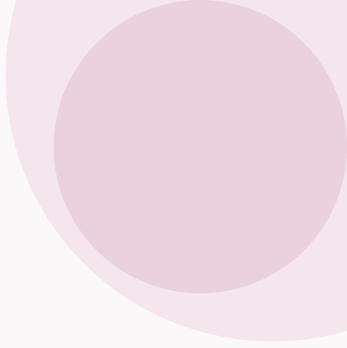




A FREE GUIDED WORKBOOK FROM SELF-LOVE MENTOR

7 Days to Reconnect With Yourself

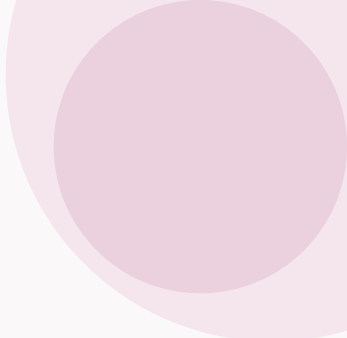
A gentle self-love and healing workbook

A NOTE FOR YOUR JOURNEY

You do not need to have everything figured out to begin caring for yourself.

Seven days. Small reflections. Your own pace.

Created with care by Self-Love Mentor



BEFORE YOU BEGIN

A gentle place to start

This workbook is a quiet invitation to reconnect with your needs, feelings, boundaries, and hopes. You can write as much or as little as you want. There is no right way to heal.

How to use these pages

Set aside 5–10 minutes each day, or return whenever you have space. Read the daily reflection, try the small practice, and respond to the prompts. You can type notes elsewhere or print these pages and write directly on them.

A reminder about safety and choice

If a prompt feels uncomfortable, skip it, pause, or choose a grounding activity instead. You are always in charge of how much you share with yourself. This workbook is a self-reflection resource, not therapy or a substitute for professional support.

YOUR INTENTION

For the next seven days, I will try to meet myself with curiosity rather than criticism.

One thing I hope to feel more of this week:

DAY 1 OF 7

Notice What You Need

Your needs are not an inconvenience. You are allowed to notice them before you reach your limit.

TODAY'S AFFIRMATION

My needs deserve attention.

A gentle practice

Pause for a moment. Place both feet on the floor and ask: "What would make today feel a little easier?"

Journal prompt 1

What have I been needing lately that I have not made room for?

Journal prompt 2

What is one small way I can respond to that need today?

DAY 2 OF 7

Speak to Yourself With Kindness

You can acknowledge mistakes and still speak to yourself gently. A kinder inner voice can make space for growth.

TODAY'S AFFIRMATION

I can be kind to myself while I learn.

A gentle practice

Notice one harsh thought today. Try rewriting it as something truthful and compassionate.

Journal prompt 1

What is something I have been criticizing myself for?

Journal prompt 2

How would I speak to a friend who was in my situation?

DAY 3 OF 7

Make Space for Your Feelings

Feelings can offer information without deciding your worth or your next action. You do not have to rush to explain them away.

TODAY'S AFFIRMATION

My feelings are valid, even when they are complicated.

A gentle practice

Name a feeling without judging it: "Right now, I notice..." Take three slow, comfortable breaths.

Journal prompt 1

What feeling have I been avoiding or minimizing?

Journal prompt 2

What might this feeling be asking me to pay attention to?

DAY 4 OF 7

Honor Your Boundaries

A boundary is not a punishment. It is a way to care for your time, energy, and emotional well-being.

TODAY'S AFFIRMATION

I am allowed to have limits.

A gentle practice

Choose one low-pressure boundary you can practice, such as taking a break before responding to a message.

Journal prompt 1

Where do I often say yes when I want to say no?

Journal prompt 2

What is one respectful boundary I can practice this week?

DAY 5 OF 7

Rebuild Self-Trust

Self-trust is built through many small moments of listening to yourself and following through with care.

TODAY'S AFFIRMATION

I can learn to trust my own voice.

A gentle practice

Make one realistic promise to yourself today. Keep it small enough to honor.

Journal prompt 1

When have I made a decision that supported my well-being?

Journal prompt 2

What is one small promise I can keep to myself tomorrow?

DAY 6 OF 7

Welcome Rest and Joy

Healing is not only about processing difficult experiences. It can also include play, peace, connection, and moments that feel light.

TODAY'S AFFIRMATION

I deserve moments of ease.

A gentle practice

Choose one enjoyable activity with no productivity goal, even if it lasts only five minutes.

Journal prompt 1

What activities help me feel present or more like myself?

Journal prompt 2

How can I invite a little more rest or joy into my week?

DAY 7 OF 7

Carry Your Growth Forward

You do not have to be fully healed to recognize your progress. Your next chapter can begin with one gentle choice.

TODAY'S AFFIRMATION

My growth matters, one day at a time.

A gentle practice

Look back over your answers. Notice one insight you want to carry forward.

Journal prompt 1

What have I learned about myself during these seven days?

Journal prompt 2

What is one caring habit I want to continue?

YOUR NEXT CHAPTER

Take what you need with you

Thank you for showing up for yourself. Whether you completed every prompt or only a few, the time you made for your well-being matters.

Three reminders to keep close

1. You are allowed to have needs and boundaries.
2. You can grow without being unkind to yourself.
3. Healing is personal, and you get to move at your own pace.

A FINAL REMINDER

You are worthy of care in this moment, not only when you reach a future milestone.

A message I want to remember:

Continue your journey

Explore more compassionate reflections, articles, and resources at self-love-mentor.com.

With love and encouragement, Self-Love Mentor