



LOVE*me*  
JOURNAL

“

*“How you love yourself  
is how you teach  
others to love you.”*

RUPI KAUR

”

# *About me*

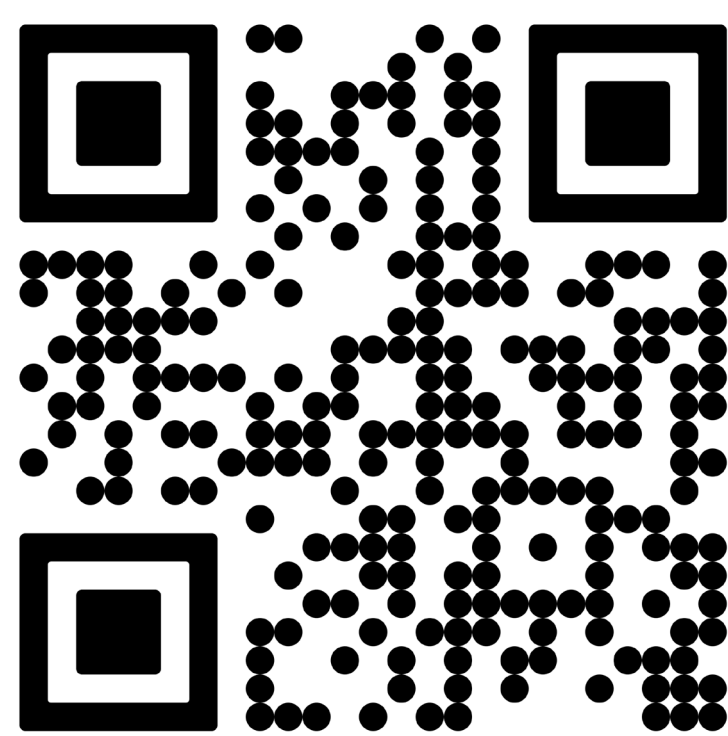
Before we dive into your world together, I'd like to introduce myself. My name is Elena Noemi Miller, and I've been exploring the topic of self-love for over 15 years now. It all started with a significant experience within my family that led me to learn at a young age the importance of our mental health. I began delving into topics such as self-love, gratitude, and personal development. Through this exploration I came to realize that everything is rooted in our connection with ourselves — how we feel, how we impact others, and, ultimately, how we perceive ourselves. I firmly believe that the connection to ourselves is essential and serves as the foundation for everything we experience externally. Only when we accept ourselves and truly love who we are can we fully embrace and experience love. I'm excited to accompany you on your personal journey with this journal.

*“To fall in love with yourself is  
the first secret to happiness.”*

Robert Morley



If you want to find out more about me, scan this QR Code:



1-1 Coaching - Online Courses - Workshops  
[www.elena-miller.com](http://www.elena-miller.com) - [info@elenamiller.com](mailto:info@elenamiller.com) - [@elena.noemi.miller](https://www.instagram.com/elena.noemi.miller)

## How to Use This Journal:

The first six pages consist of exercises that you can do to work on the connection with yourself. After that, the journal becomes part of your daily routine to help you cultivate more gratitude, happiness, and self-love. On the last page I've included a QR code where I recorded a self-love meditation for you.

## Why Another Journal?

Incorporating gratitude, self-love, and affirmations into my daily routine has made my life happier and more fulfilling. I want to share this experience with you and there is currently no journal that combines these three elements. It was important to me to create a journal that not only supports your personal growth but can also be used as an interior decoration piece. This journal is designed to show you that self-love and personal growth can be sexy, cool, and stylish.

## The 3 Steps to Yourself

Have you ever asked yourself the following questions:

1. What are you grateful for?
2. What do you love about yourself?
3. What should your life look and feel like?

It's important to not only think about the answers to these questions but to write them down as well - it has been proven that this has positive effects on our brains. Checking in with these questions daily will show you how fulfilled your life already is and you will start to feel a deeper sense of gratitude.

## 1. GRATITUDE

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Oprah Winfrey once said that her life completely changed through the practice of gratitude. When I read that, I bought my first gratitude journal. Now, every morning, I write down what I am grateful for: my healthy body, my loved ones, delicious food, money, a walk in the fresh air, and living in a peaceful country, among many other things. I have internalized the ability to see the positive in difficult situations. The more grateful we are, the more enjoyable the abundance of our lives becomes. Remember to write down new things you are thankful for every day. The daily list of "I am truly blessed and grateful for" should help you focus on what is going well in your life. Where we direct our attention is where energy flows!

## 2. SELF-LOVE

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Becoming aware of what you love about yourself leads to more self-confidence, authenticity, and a loving relationship with yourself and others. Previously, self-doubt occupied my mind daily and prevented me from realizing my full potential. Nowadays, I love myself and my body, and can accept myself just the way I am. I want to share this awareness with as many people as possible. Your daily exercise in the journal "I love about myself..." should inspire you to write down everything you love about yourself.

## 3. AFFIRMATIONS

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Every day, I write down 5 affirmations of how I envision my life. They remind me of what the best version of my life could look like. My affirmations are focused on both personal, health, and professional levels - who do I want to be, how do I want to feel, and what do I want to achieve. It is essential to formulate everything in the present tense as if it has already happened. The more specific you formulate, the better. Take a few minutes now to write down your five affirmations.

HERE ARE MY 5 AFFIRMATIONS

01. I am whole, complete, healthy and perfect just as I am.

02. I am in a cheerful, fulfilling, loyal, and generous relationship.

03. I am fulfilled and content in my business and earn xyz monthly or more.

04. I am friends with inspiring, loyal, and joyful people.

05. I am a Mom of four happy and healthy children.



# AFFIRMATIONS FOR MORE SELF-LOVE

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Here are a few examples for daily inspiration. Look at yourself in the mirror and speak these affirmations, if possible, out loud:

**I** AM WORTHY AND I LOVE MYSELF

**A** M PERFECT JUST THE WAY I AM

**M** AM KIND TOWARDS MYSELF

**A** M PRESENT

**I** AM HEALTHY IN EVERY WAY

I AM UNIQUE

I AM HARMONIOUS

I AM MINDFUL

I AM BALANCED

I AM CONFIDENT

I AM COMPASSIONATE

I AM AT EASE

I AM HAPPY AND JOYFUL

Here are a few tips that can help you be more loving towards yourself and be happier in your daily life:

01. Go for a walk in nature
02. Eat something healthy
03. Dance to your favorite music
04. Have fun, for example, play a game
05. Say "*I love myself*" to your image in the mirror
06. Wear something that makes you feel beautiful
07. Take time to meditate
08. Embrace someone lovingly
09. Repeat affirmations
10. Lovingly moisturize your body
11. Listen to a self-love meditation - *I've recorded a video for you on the last page*
12. Do something loving for someone else
13. Write a message to someone you care about
14. Be present in the here and now



Your  
*Self-love*  
Jar

On 30 pieces of paper, write one thing about yourself that you love and put each of these pieces of paper in a container. During difficult times, reach into the container and pull out a piece of paper to remind yourself of your strengths and qualities.





Write down two goals for more self-love.

Place the list of your goals somewhere you can see it daily.

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**Example goal:** To love myself and my body more.

WHY	<p>Why do I want to achieve this?</p> <p>To be happier, more authentic, more satisfied, and more loving towards myself, and also to manifest a more respectful, loving relationship with others.</p>
MEASURABLE	<p>How is my goal measurable?</p> <p>On a scale of 1-10, how much do I love myself and my body today, and in 4 weeks?</p>
ATTAINABLE	<p>How can I achieve my goal?</p> <p>I will speak affirmations to myself every morning in front of the mirror, and I will set affirmations as the screen saver on my phone.</p>
TIME	<p>By when do I want to achieve the goal?</p> <p>In four weeks.</p>
AFFIRMATION	<p>Which affirmations can support me in this?</p> <p>I love myself, I am perfect just the way I am, I am beautiful.</p>

**GOAL 1:**

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ATTAINABLE \_\_\_\_\_

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TIME \_\_\_\_\_

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AFFIRMATION \_\_\_\_\_

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**GOAL 2:**

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ATTAINABLE \_\_\_\_\_

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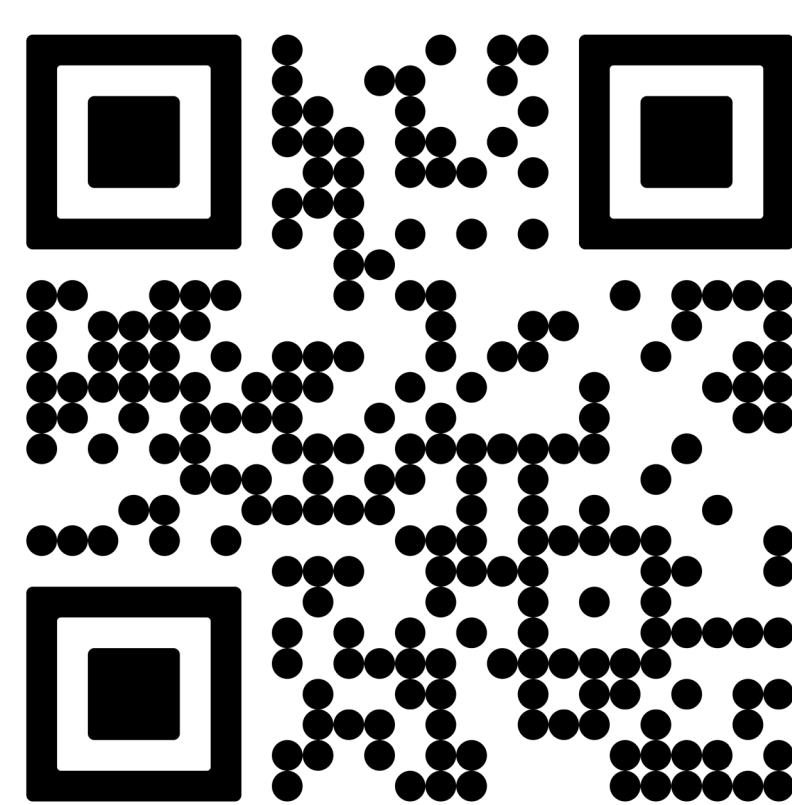


YOU  
ARE  
AMAZING!

You can truly be proud of yourself. I hope this journal has helped you integrate more gratitude, self-love and affirmations into your life. Maybe you're already one step closer to your dream life. You can achieve all of your goals and more as long as you stay committed. I wish you a life full of love, health, gratitude, happiness, ease, joy, abundance and hope

YOU ARE PERFECT JUST THE  
WAY YOU ARE, YOU ARE A  
GIFT TO THIS WORLD!

To cultivate more mindfulness and self-love in your daily routine, simply scan this QR code to access a guided meditation:



1-1 Coaching - Online Courses - Workshops  
[www.elena-miller.com](http://www.elena-miller.com) - [info@elenamiller.com](mailto:info@elenamiller.com) - [@elena.noemi.miller](https://www.instagram.com/elena.noemi.miller)

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