

# Hands on Heart



**A 60-DAY SELF-LOVE  
GUIDED JOURNAL**

*Regina Louise*

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To Bootstrap Your Way To Unconditional Self-Love  
and Somebody's Someone

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I see self-love as the deep and soulful acceptance of oneself, a place to land: a home within to return to with each breath.

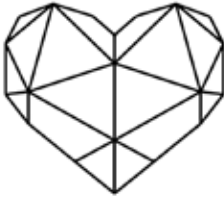
It is the understanding that one's worth is not measured by external validation but by the depth of divinity that shines within each of us.

Self-love encourages us to stand up for ourselves, rise above others' opinions, and become more reliant on the truth of who we really are.

Self-love is the melody that carries us through the darkest moments, reminding us that we are resilient and deserving of happiness on our own terms. It is the willingness to tap into our forever mother, the power of nurturing kindness, born within us, always awaiting our acknowledgment of her presence, willing to have and hold us.

With this 60-day guided journal, I invite you to cherish your heart and know you are already enough. Place your hands on your heart and let self-love be the wings that carry you to the highest connections of your spirit.

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NAME:

TEL:

EMAIL:



“It's all about falling in love with yourself and sharing that love with someone who appreciates you, rather than looking for love to compensate for a self love deficit.”

*Eartha Kit*

# Hands on Heart

60-DAY GUIDED  
SELF-LOVE JOURNAL

Daily Reflections to Build Your Connection  
With Yourself and Guide You To Self-Love

# How To Use This Book

Welcome to your 60-Day Self-Love Guided Journal!

This journal has been designed to help you embark on a path of self-discovery, self-awareness, and self-love.

Over the next 60 days, you will be guided through various prompts and exercises that will challenge you to examine your beliefs, values, and priorities, and help you develop a deeper understanding and appreciation for yourself.

Whether you are looking to improve your connection to your core values regarding self-care, establish a new practice, or simply practice more self-care, this journal will provide you with the tools and support you need to achieve your goals. So, get ready to dive in, explore your inner world, and discover the beauty and power of your self-love!

Each day-where it's possible. Create a safe space to begin your journal work. A few pages down you will be invited to take a Self-Love assessment. Whatever your results, know this: learning and continuing to love one's self is an ongoing endeavor and the assessment tool is simply a starting point.

Remember, however, to celebrate your progress no matter how seemingly small your wins are. To begin again is a super strength

I am so EXCITED for you!

Respectfully yours,

A handwritten signature in black ink, appearing to be 'C. L. L.', written in a cursive style.

# Self-Love Assessment Quiz

Instructions: For each statement below, rate how often you agree with it on a scale of 1 to 5, where 1 means "never" and 5 means "always."

**"I am kind and compassionate to myself, even when I make mistakes."**

1 —  2 —  3 —  4 —  5

**"I prioritize self-care activities, such as exercise, healthy eating, going for wellness checkups, and getting enough rest."**

1 —  2 —  3 —  4 —  5

**"I am able to set healthy boundaries with self and others, and respect my own needs and desires."**

1 —  2 —  3 —  4 —  5

**"I have a positive body image and accept my physical appearance as it is."**

1 —  2 —  3 —  4 —  5

**"I believe that I am worthy of love and respect, just as I am."**

1 —  2 —  3 —  4 —  5

**"I am able to forgive myself for past mistakes and move forward."**

1 —  2 —  3 —  4 —  5

# Self-Love Assessment Quiz

"I take time to reflect on my emotions and practice self-reflection and self-awareness."

1       2       3       4       5

"I trust myself to make good decisions and choices."

1       2       3       4       5

"I surround myself with people who uplift and support me."

1       2       3       4       5

"I celebrate my accomplishments and acknowledge my strengths."

1       2       3       4       5

## Scoring

Add up your scores for each statement to get a total score out of 50.



# Interpretation

(Note: these interpretations are by no means a therapeutic or medical evaluation of who you are. Use this tool -only- as a metric towards personal growth)

## *41-50:*

Congratulations! You have a high level of self-love and are likely practicing self-care regularly. Keep up the good work!

## *31-40:*

You have a moderate level of self-love, but there is room for improvement. Consider focusing on areas where you scored lower and making self-care a priority.

## *21-30:*

You may struggle with self-love and self-care. It's important to be kind and gentle with yourself and seek support if needed.

## *10-20:*

You may have low self-love and self-esteem. It's important to prioritize your needs and wants in a more self-caring way. Also, know that it's okay to seek professional support if needed. Remember, you are always worthy of your own love, and self-respect.

# Practices to Regulate

Hands on heart (i.e. one hand on your heart and the other on top of the hand touching your heart)



Place one hand on your heart & the other on your belly



Write your inner innocence a love story regarding your connection to your deepest truth



Write your innocence an apology note



Give yourself permission to take an emotional regulation break



Take your emotional pulse by asking yourself “how am I feeling now?” Write down the answer (even if you don’t know.)



Use a self-coaching technique to encourage yourself



Take a moment and forgive yourself for any harm you may have caused yourself



Take a blanket and wrap it around yourself as if to hug you



Take a walk in nature



Repeat all of the above at will

# Self-Coaching List *feel free to create your own*

1. I am capable of achieving my goals.
2. I am in control of my thoughts and emotions.
3. I trust myself to make good decisions.
4. I am resilient and can overcome challenges.
5. I am worthy of love and respect.
6. I am grateful for everything I have.
7. I am responsible for my own happiness.
8. I am worthy of success.
9. I am confident in my abilities.
10. I am capable of adapting to change.
11. I choose to focus on the positive.
12. I am constantly learning and growing.
13. I am proud of myself and my accomplishments.
14. I am worthy of forgiveness.
15. I am worthy of rest and self-care.
16. I am capable of handling whatever comes my way.
17. I am worthy of healthy relationships.
18. I am capable of setting boundaries and saying no.
19. I am worthy of pursuing my dreams.
20. I am strong and resilient.
21. I am capable of letting go of things that no longer serve me.
22. I am worthy of asking for help when I need it.

# Self-Coaching List *feel free to create your own*

23. I am capable of making progress every day.
24. I am worthy of treating myself with kindness and compassion.
25. I am capable of finding solutions to my problems.
26. I am worthy of taking up space and being seen.
27. I am capable of turning my failures into opportunities for growth.
28. I am worthy of living a life that aligns with my values.
29. I am capable of creating the life I want.
30. I am worthy of having joy and happiness in my life.
31. I am capable of facing my fears and overcoming them.
32. I am worthy of being loved for who I am.
33. I am capable of making meaningful connections with others.
34. I am worthy of setting and achieving my goals.
35. I am capable of taking action towards my goals every day.
36. I am worthy of being respected and valued.
37. I am capable of making a positive impact on the world.
38. I am worthy of experiencing abundance and prosperity.
39. I am capable of being my own best friend.
40. I am worthy of being true to myself and living authentically.



“Self-Love is not selfishness. It is the foundation for inner expansion, and healing while on your personal growth journey. Nurture you. Cherish your innocence. Allow your own love to guide you to the beautiful person you were always meant to be.”

*Regina Louise*

*example*

MORNING  
**Day Zero**

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What are some of my favorite things about myself?

*I am kind.*

*I love my desire to grow myself up.*

*I love how I am willing to mentor others.*

*I love my resilience.*

*I love chasing the Disneyland Princesses down and asking them to sign my autograph book (and yes... I am a grow... woman) don't judge*

*My favorite thing about me is my nose.  
(I love how it's shaped.)*

*I love that I love shoes.*

*I love that I love personal growth.*

## EVENING

Today I Got Triggered When...

*I thought I was going to miss my  
deadline with Fabi*

Three Practices To Self Soothe or Self Regulate:

- 1 *Hands on heart* (calms central nervous system)
- 2 *Write yourself a forgiveness note*
- 3 *Grant yourself some grace or compassion*

I AM...

- *worthy*
- *lovable even when I get triggered*

What I Am Grateful For

- *My willingness*
- *My spirituality*

# Reflection

## INSIGHTS COLUMN

*I get anxious  
under deadlines*

*I'm likable  
regardless of my  
performances*

## NOTES TO SELF

*Repeat after me: "I got this!"*

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## SELF COACHING

*I can.*

*I have.*

*I am.*

Choose a phrase from the Self Coaching List  
from page 9 to support your daily growth

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## TAKEAWAYS FROM THIS DAY

*I am grateful for waking up today and having a  
chance to support myself, be my own best friend.*



# Love Note to Yourself

*Dear Mini-me!*

*I want you to know that you are loved. You are worthy of love, and you deserve it just as much as anyone else. You have been through so much, and you have come out on the other side stronger and more resilient than you could have ever imagined.*

*You are beautiful, both inside and out. Your flaws are what make you unique and special, funny and able to laugh at yourself, and I wouldn't want you to change for anyone but you.*

*You are perfectly imperfect, and that's what makes you so lovable to me. Oh, yeah, and what about all that talent you have and just how smart, and capable you are to accomplish what you set your mind too.*

*You've done so much in your life already, and I know that you will continue to do great things in the future.*

*Your hard work and dedication are an inspiration to others, and I hope to be proud of yourself. I'm proud of you. I am proud of us.*

*I love you for who you are, and I always will.*

*So, sweet baby, keep being amazing. Keep loving yourself, and know that you have my love and support every step of the way.*

*You are worthy of all the love in the world, and I hope you never forget that.*

*With all my love,*

*The Adult Version of You <3*

MORNING  
**Day One**

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Write down five things you love about yourself. (And if you can only come up with one thing that's absolutely ok. This journal is about growing yourself in your self love.)

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

4 \_\_\_\_\_

5 \_\_\_\_\_

## EVENING

Today I Got Triggered When...

Three Practices To Self Soothe or Self Regulate:

(see page 8)

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

I AM...

What I Am Grateful For

# Reflection

INSIGHTS COLUMN

NOTES TO SELF

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SELF COACHING

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TAKEAWAYS FROM THIS DAY

