

7 DAYS TO SELF-LOVE



WORKBOOK



Table of Contents

Page	Intention
03	Welcome
04	The Lost Art of Journaling
05-6	How to Build a Self-Love Journaling Habit
07	Monday Motivation
08	Tuesday Transformation
09	Wednesday Warrior
10	Thankful Thursday
11	Friday Reflection
12	Saturday Story
13-14	Sunday Intention
15	Wheel of Life
16	Deep Dive Letter Writing
17	Rise High Letter Writing
18	30 Days of Self-LOVE
19	Connecting and Sharing
20	Learn More & Thank YOU

Welcome!

Have you ever battled overwhelming anxiety, fear, self-limiting beliefs, soul fatigue or stress? It can leave you feeling so lonely and helpless. We've all been taught how to be courageous when we face physical threats but when it comes to matters of the heart and soul we are often left to learn, "the hard way."

As a school teacher for 30+ years, struggling with these very issues, my doctor suggested anti-anxiety medication but that didn't resonate with me so I sought the healing arts. I expanded my teaching skills and became a yoga, meditation, mindfulness, reiki and sound healer to step into my power and own my impact.

My mission is to guide you on your journey. I believe we can help transform the world around us by choosing love. If you don't love yourself, how can you love anyone else. Join a call for self-love through deep awareness and presence.

Linda Orsini



7-DAY SELF-LOVE JOURNALING EXPERIENCE

Welcome to your personal 7 day journaling guide. Are you calling more LOVE into your LIFE?

Practice living with more attention and intention through the art of journaling.

The Lost Art of Journaling

What does feeling more peaceful look like and feel like? What steps are you taking to giving and receiving love more freely? If you haven't already, consider journaling as a tool to help you live more freely, from the depth of your heart.

Journaling is a self-compassion practice to empower you on your journey to self-awareness.

When you journal, you process your thoughts, feelings, and emotions onto paper.

Physically writing down your thoughts helps you clarify your hearts deepest desire.

Journaling also helps to:

- reduce anxiety
- process alternative ways to manage your emotions
- practice positive self-talk
- improve perception of events
- break free from obsessive thinking
- keep track of your steps to move forward
- improve your memory
- uplift your mood

"I write in a journal daily.

This extraordinary ritual has revolutionized my mindset, transformed my heartset, and generally influenced my life exponentially."

Robin Sharma

How to Build a Self-Love Journaling Habit

SHOW UP! START WITH TWO MINUTES

If you're having trouble setting aside time to journal, start with two minutes. Pull out your journal workbook and write for two minutes. If, after two minutes, you feel inspired to keep writing, then keep writing.

BUILD UP OVER TIME

As the days pass, set aside more time (at least 5-10 minutes) for your daily journal practice. This way, you give yourself space to answer the journal prompts thoughtfully and work towards more self-compassion and self-love.

SET UP A REGULAR TIME TO JOURNAL

Whether you journal in the morning or evening is less important. What's more important is to set aside a consistent period during the day where you commit to writing your thoughts and feelings down onto paper.

Writing is so therapeutic and truly a lost art in today's world. I feel there is something special about a paper journal that creates room for the intimacy of personal flair, so be inspired and choose a journal that calls you and draws you to want to sit down to journal.

Use these weekly journal prompts to guide you.

If you feel resistance committing to a daily journaling practice, it is worth noticing.

**According to Steven Pressfield,
"Resistance is that negative force that arises when we try to move from a lower level to a higher level."**

If you are passionate about raising your consciousness, journaling is the tool to help along your journey.

WRITE ON PAPER AS OPPOSED TO YOUR PHONE, COMPUTER OR TABLET

Writing on paper creates a stronger neural encoding.

The human brain needs time to process! The time it takes for your thoughts to form words and then travel down your hand to form each letter, that forms each word, gives your brain more time to process your thoughts, feelings and emotions.



PRACTICE SELF-COMPASSION

It's okay if you forget to journal one day! Forgive yourself if you miss one day of journaling. At the same time, be cognizant that sometimes we avoid the things we need most.

In a world where so much is asked of us, more pressure to get things done is not the intention here.

These journal prompts are stepping stones to living your life with greater awareness through attention and intention. Noticing that you have stopped or paused in this process is a call for inquiry in and of itself.

Keep these journal pages somewhere in your home where you will see them and visit them when your heart feels ready because you will feel emotional healing with mindful effort.

MONDAY MOTIVATION

Journal about what makes you, YOU!

Who am I?

What is my purpose?

How do I practice self-care?

TUESDAY TRANSFORMATION

Journal about how to connect with loving yourself and your life more.

What does my life look like when I feel unhappy?

What does my life look like and feel like when I am living in my highest vibration of love?

What healthy boundaries do I need to set in place to live in a place of love more often?

WEDNESDAY WARRIOR

Journal about the ways you get stuck or find yourself in a rut.

What areas of my life do I feel stuck and wish things were different?

What is flowing with ease in my life?

What can I let go of or what can I surrender, in order to make space for more flow?

THANKFUL THURSDAY

Grateful people are more likely to take care of themselves, make healthier choices, and feel happier.

What prevents me from feeling grateful?

When is it natural and easy for me to feel grateful?

Write down 7 things I am grateful for. Be as specific as possible.

FRIDAY REFLECTION

Reflect upon the past week.

What drained my energy this week?

What fuelled my heart and soul this week?

How can I practice self-love tonight?

SATURDAY STORY

Journal about your stories.

What is something I have struggled with lately?

What is a story I have been telling myself that could be holding me back from living my best life?

How can I reframe my limiting self belief into a positive one?

SUNDAY INTENTION

Meditate and then journal to create new awareness for next week.

Meditation helps you:

- concentrate better
- increase patience
- feel more self-compassion
- feel more empathy towards others
- manage challenging emotions
- train the mind to let go of ruminating thoughts and stories

Find a comfortable position and give yourself full permission to practice stillness for a couple of minutes.

Begin to notice your breath by bringing attention to the gentle rise and fall of your chest.

Allow physical sensations, sounds and thoughts to come and go as they arise. Assure your mind and body that everything is okay. You are just taking some time to notice your breath and turn inward.

Then begin box breath:

Inhale for 4 counts,

Hold your breath at the top for 4 counts,

Exhale for 4 counts,

Hold your breath at the bottom for 4 counts.

After several cycles find a natural breath and drop into quiet stillness for a couple of minutes.

If your mind begins to wander just bring your attention back to the rise and fall of your breath at your heart centre.

Stay here for as long as you can and then return to your journal to reflect and write about any thoughts or feelings come up for your Sunday Intention setting.

SUNDAY INTENTION CONT

Journal about your stories.

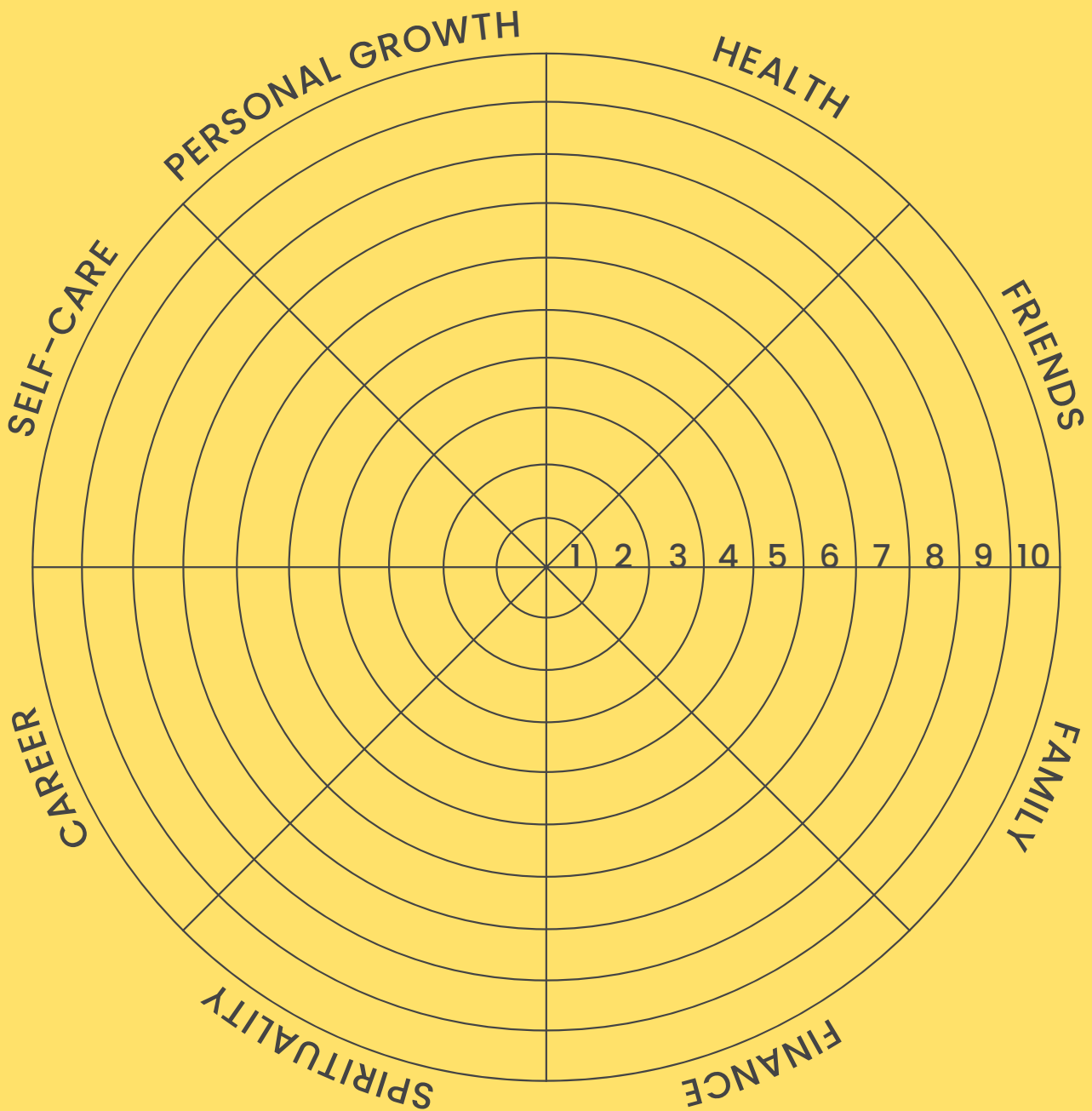
How do I want to feel next week?

What actions can I commit to today to help me create this feeling next week?

Make a copy of this guide for next week and recommit to completing it. Continue for as many weeks as it resonates. Notice how your attention and intention for love and light grows.

WHEEL OF LIFE

SELF-CARE BEGINS WITH SELF AWARENESS. THIS WHEEL IS A GREAT TOOL THAT CAN HELP YOU BETTER UNDERSTAND WHAT YOU CAN DO TO MAKE YOUR LIFE MORE BALANCED. THINK ABOUT THE 8 LIFE CATEGORIES BELOW, AND RATE THEM FROM 1 - 10 WHERE 10 IS THE MOST FULFILLING AND 1 THE LEAST. THEN CONSCIOUSLY CHOOSE TO GROW A SECTION THAT WILL HELP TO RAISE YOUR VIBRATION FOR LOVE AND JOY.



30 Days of Self-LOVE

Day 1

Start your journal habit

Day 2

Stretch and meditate

Day 3

Take a deep breath once an hour

Day 4

Clean out a section of your closet

Day 5

Wake up early and watch sunrise

Day 6

Go on a long walk

Day 7

Cook yourself something you love

Day 8

Enjoy a luxurious bath or shower

Day 9

Take a nap in the afternoon

Day 10

Buy yourself some flowers

Day 11

Write a positive note on your mirror

Day 12

Drink more Water

Day 13

Do something that makes you laugh

Day 14

Wake up to no alarm

Day 15

List 5 things you love about yourself

Day 16

Say no to something

Day 17

Catch up with an old friend or relative

Day 18

Start learning a new skill

Day 19

Write down your dreams and goals

Day 20

Take a couple hours to yourself and explore

Day 21

Enjoy your favorite dessert

Day 22

Organize your workspace

Day 23

Compliment yourself during the day

Day 24

Dance when no one is watching

Day 25

Evaluate your morning routine

Day 26

Try a new food

Day 27

Spend a day off social media

Day 28

Listen to your favorite music

Day 29

Start a book you have been wanting to read

Day 30

Spend a day in nature

*Connecting with others fuels our hearts and souls.
It helps us realize we are not alone in the world.*

Share your journey to loving yourself and others more freely.

I would love to support you on your journey towards living with more emotional PEACE and JOY!

I retired from being an elementary teacher to serve in a new way.

We are all students in life.

Connect and grow with like minded souls on my Instagram page.

[@globalwellnesseducation](#)

I love connecting with new people and I want to guide you and support you on your journey.



INSTAGRAM



Thank You...

for joining the journey to create more attention and intention for greater heart felt self-awareness.

Journaling can help you manage your emotional fears, stresses and anxieties. Yet, more importantly it can be a meaningful way to hold space for your whole self so that you can open your heart and stand in your light.

Please continue to these journal prompts as tools to help you check in with yourself, set intentions, and grow over time.

Want to learn more?

SUBSCRIBE & SHARE A CALL FOR LOVE PODCAST

**A Call
For**

Love

with **Linda Orsini**



New episodes shine every Tuesday on Spotify and Apple Podcasts to nourish your heart, mind, body and soul.

Everyone has the desire to be seen, heard, respected and loved. The journey to becoming more connected to your greater purpose lies within the ability to live from the deep source of love within you.

*From my heart to yours,
Linda*