

The Self-Love Jar Printable Guide

Instructions: Print this page. Carefully cut along the lines (or just tear them, we aren't concerned about "perfection" here. Fold each note and place it in your special container. Use the blank strips to write your own, personal notes!

My peace is a priority, not a luxury.

I am allowed to change my mind at any time.

Slow growth is still beautiful growth.

I am worthy of my own time and attention.

My sensitivity is a bridge, not a burden.

I don't need to be "perfect" to be deserving of love.

Today, I choose comfort over the pressure to hustle.

I am exactly where I am meant to be in this moment.

My feelings are allowed to be messy and loud.

I am safe and supported in my own company.

I trust my inner voice to lead me home.

I am more than the roles I play for other people.

I am allowed to rest long before I am exhausted.

My boundaries are the way I show myself respect.

I am deserving of soft words and gentle hands.

I do not owe anyone an explanation for my "no."

I am blooming at a pace that is perfect for me.

I forgive myself for the days I feel "off."

I am my own safe space.

I release the weight of trying to please everyone.

My energy is sacred; I will protect it today.

I am a masterpiece and a work in progress, all at once.

I am allowed to take up space and be heard.

I choose kindness over judgment when I look in the mirror.

I am worthy of the same gentle love I give to the world.

Today, I am listening to my body.

I am enough, even when I am simply being.

I trust myself to handle whatever this day holds.

My voice and my story matter deeply.

I am coming home to myself, one breath at a time.

Creating a ritual is an act of courage. If these reminders have helped you find a moment of peace or comfort, please send a note or a photo to

nikki@propagatingselflove.com

(or use #selflovejar when you share to your favorite socials.)

Knowing these words found a home with you means the world to me.