



# SELF-LOVE POETRY JOURNAL

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*Poetry for Life™*



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"The best piece of advice I've ever received about self-love is from my poetry professor in college. He once said to our class— *"Your thoughts deserve a decent place to live."* I write this quote in the front of every journal I've ever filled, and I also remind myself of this to keep my head, mind, heart, and body as healthy as I can."

— r. clift, @r.cliftpoetry



This book belongs to you, and only you. Write vulnerably, write freely, and most importantly be *infinitely you*.

In this workbook you will find many tools, from prompts and reflections to advice from your favorite poets and authors.

Use these tools in whichever way works and feels best for you. Screenshot and set your affirmations as the wallpaper on your phone. Encourage your bestie to fill out a book themselves. Update and restart your workbook as your goals change and you grow.

Be *infinitely you*.

# Affirmations

## The low down:

- Make sure your positive affirmations are in present tense.
- Your affirmations should only include positive words. Ditch the “cant’s” and “dont’s.”
- Your affirmations are statements, not opinions. Ditch words like “might” and “could.” (Yes, you can do it!)
- Keep the statements where you can easily refer back to them, like next to your toothbrush or as your phone background.
- Repeat your affirmations routinely. Try saying them every morning or during your commute. Consistent repetition is key.

## The starter pack:

I know, accept, and am true to myself.

I believe in and trust myself.

I accept what I cannot change.

I am more than worthy and enough.

I forgive myself for not being perfect, because I am perfectly human.

## YOUR TURN: Write 5 personal affirmations

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# Finish The Sentence

To get out of a funk the best thing for me to do is...

My current mood looks like (texture) (color)...

I give myself permission to let go of...

My biggest struggle with self-love is...

The people who bring out the worst in me are...

The people who bring out the best in me are...

I love my body because it allows me to...

I forgive myself for...

I promise myself to never...

I promise myself to always...

**"The greatest act of self-care I practice is the relentless and I mean *relentless*- forgiveness of myself."**

— Chelsie Diane, @poemsandpeonies

# Self-Love Journal Prompts

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## Time to reflect.

- What would teenage you think about yourself today?
- What are you most proud of?
- What does self-love mean to you?
- What is holding you back?
- What is your biggest struggle in loving yourself?

## Dear self-love, it's letter time.

- Write a letter to your teenage-self.
- Write a letter to your future self.
- Write a love letter to your body.
- Write a letter to the person you are struggling to forgive.
- Look at yourself in the mirror, and write a love letter to your face. Yes, your face.

**"Two words sum up my outlook on self-love: no discounts. Don't accept discounts on anything in your life: relationships, your salary, dreams, friendships, work life, family, your location, not a single thing."**

— Ashleigh Angel, @crayonstocouture

# LIST IT OUT

Ten things I am thankful for...

Five things I love about myself are...

Three ways I avoid dealing with my emotions are...

Five things that make me feel confident...

Ten things that bring me peace...

**Zoom in, screen shot, & complete your lists digitally!**  
Full-size blank templates are also available at the end of this guide.

Make your  
own peace.

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Thankful  
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YOU GOT THIS.

# POETRY PROMPTS

- SELF- LOVE:** Write a poem about the most surprising aspect you've learned about self love.
- HEARTBREAK:** Write a poem where each line is about a different heartbreak experience.
- SWITCH:** Write a poem from a loved one's perspective about you.
- YOUNGER YOU:** What would you tell your teenage-self. Write a poem that is your age's number of words long.
- PERSPECTIVE:** Write a poem from a close one's perspective on a hardship they are currently struggling with.
- THROUGH:** Write a poem about the feeling of writer's block that is 15 words or less.

"Self-love is genuinely felt when we let go of the person we should be and start on the journey towards the person we are meant to be—because the person you should be is nowhere near as beautiful as the person you are right now."

— Hannah Blum, @hannahdblum





# REAL LIFE.

1. Zoom in on templates 2. Screenshot 3. Fill out affirmations on your favorite app. (like instagram or snapchat.) 4. Set these as your phone background to keep self-love a priority.

**Loving yourself is the greatest revolution.**

I know, accept, and am true to myself.

I believe in and trust myself.

I accept what I cannot change.

I am more than worthy and enough.

I forgive myself for not being perfect, because I AM perfectly human.

**Glow girl, glow.**

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**to ⚡ always**

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"They are called, "SELF-worth" and "SELF-esteem" for a reason... we can't let others decide what we are worth, that is so dangerous! Empower yourself!"  
— Jaeda DeWalt



# Loving yourself is the greatest revolution.

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# to always

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**"You may be the only person left who believes in you,  
but it's enough. It takes just one star to pierce a  
universe of darkness. Never give up."  
— Richelle E. Goodrich**



# Glow girl, glow.

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**"Self-esteem is not a luxury; it is a  
profound spiritual need."  
— Nathaniel Branden**



# Thankful af.

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**"The only person who can pull me down is myself, and I'm not going to let myself pull me down anymore."**

— C. JoyBell C.





YOU  
GOT THE  
LOVE.

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