

The WalkAbout

Self-Reflection & Journaling

Day 2

I hope you enjoyed the journaling exercise yesterday and are finding a good time and your own special location to journal as well as carving out at least 10-15 minutes to do so.

Remember, you deserve this time and will find that this act of self-care will allow you to dig deeper into your self discovery as you continue your WalkAbout. It will uncover thoughts that are down in your heart and soul and begging to get out. Be loving of yourself during this process as lots of emotions can and will come up during the process. This is okay! It is a necessary part of the process... it is good! Tears of joy, happiness, reflection, sadness and conviction are all good things. Let them flow as the words flow on the paper.

Personal Love Letter

Today our topic is about "good enough" and loving yourself right where you are, specifically with regards to your body. Often we get so caught up in what society things we should look like (how heavy, light, muscular, skinny), how young or old we should look (gray, blonde, brunette, wrinkles vs. no wrinkles), what we should eat, how we should dress, and so on. Lioness... it is so important that we cast that all aside and stop trying to compare ourselves to others. You must really reflect upon who YOU want to be and no one else. At the end of the day, if you want to be joyful and happy, you must look within, not outward to do so.

Take Action: Today's writing prompt today will help guide you to self-love. Please look to carve out 10-15 minutes for yourself today and write a love letter to yourself. In this letter, share all of your "muchiness" in this letter. What is it that you love about yourself... inside and out? Key Note: What you list truly doesn't matter; getting into the habit of recognizing positive traits and speaking kindly to yourself is the key to this exercise and the beginning of creating a self-love habit.

As you begin this exercise, be sure you include things in all areas of, what I refer to as, the Sacred Triad (all things *Body + Mind + Spirit*).

Body: What are all of the positive things about your body (just as you are right now). You might find this challenging and begin to slip into "When I was" or "When I do" language. Resist this and stay right in the moment, right where



your feet are. *You are beautiful, just as you are, as God made you!*

Mind: Be sure to include all of your strengths, skills, and talents. Where do you thrive with your mind? What puzzles and challenges do you help solve? What do you create? Where do you help others figure things out? *I could go on, but you get the picture.*

Spirit: Where do you add light in the world? Who do you affect with your shine? Perhaps you share joy and happiness. Maybe others see the Holy Spirit through you, when you interact with them. *I know this part of your letter will be so amazing. Allow the words sister, you ARE worthy of them!*

Once you are finished...take this note and place it by your bedside or in a place accessible to read it daily. More on this to follow...

Reminders:

- Include all the "juicy details". These are all of the adjectives that really speak to your heart and soul. By adding adjectives that address all of your five (5) senses (sound, sight, touch, smell, and taste), you will be able to visualize at a deeper level.
- This is a private exercise to be completed in your own journal, paper, or notepad.
- This is YOUR time. As always, please take time to really enjoy this time as you reflect & write.

Thank you for taking time to give back to yourself, love yourself more, by completing the exercise. *Your heart and soul will thank you for it!* Please reach out in our if you have any questions for me.

Wishing you BIG love. xo, KC, *The AWAKENED Lioness*

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