



Self-Love Journal

Title: _____

Date: _____

Mood/Emotion Tracker



VERY SAD



VERY HAPPY

What Can I Be Excited About Today?

How Can I Send Love to Parts of Myself
That Feel Challenging to Love Today?

Things that I am grateful for:

My Goals and Intention:

My Favourite Feature Today And Why:

How Do I Want To Show Up In The World Today?:

What Am I Working Through And How Can I Alchemize It?:

Moon Shadow Alchemy