



*Love Your Mind.*  
COUNSELING AND LIFE COACHING

*EVERY DAY THAT YOU'RE HERE ON THIS EARTH, IS  
A DAY THAT YOU HAVE THE OPPORTUNITY TO LOVE  
YOURSELF AND THE LIFE YOU LIVE.*

*IN LOVING YOURSELF, YOU FIND THAT IT'S EASIER  
TO GO THROUGH LIFE AND WHAT IT HAS FOR YOU.*

*AS AN EMPOWERMENT COACH, MY PURPOSE IS TO  
SERVE AND HELP WOMEN TO LOVE THEMSELVES  
AND THEIR MINDS, THROUGH THAT, I THOUGHT IT  
WOULD BE A GREAT IDEA TO GIVE WOMEN A 5-DAY  
JOURNAL PROMPT TO LOVE YOUR MIND AND SELF.*

*HERE YOU WILL FIND THE 5 PROMPTS THAT GO IN  
ORDER FOR EACH DAY.*

*YOU WILL ANSWER THE PROMPT AND JOURNAL  
YOUR TRUE THOUGHTS AND FEELINGS THAT WILL  
HELP INCREASE SELF-LOVE AND AWARENESS!*

*I TRULY HOPE YOU ENJOY!*

*WITH LOVE,  
XERCES YOUR PERSONAL EMPOWERMENT COACH*

*LOVE YOUR MIND JOURNAL PROMPT DAY 1*

*TODAY IS A BEAUTIFUL DAY. TAKE THE TIME RIGHT NOW TO TAKE A DEEP BREATH AND LISTEN TO YOUR MIND.*

*TUNE IN TO YOUR THOUGHTS, YOUR FEELINGS, YOUR SURROUNDINGS AND TELL YOURSELF, "I AM HERE (YOUR NAME) AND I AM LISTENING."*

*YOU ARE AN AMAZING WOMAN WHO HAS PURPOSE IN HER LIFE, HER STORY, AND HER VISION. I WANT YOU TO TAKE TIME TO REFLECT ON YOUR LIFE, WHAT IT IS, HOW YOU GOT TO THIS POINT IN YOUR LIFE, AND I WANT YOU TO ACCEPT HOW YOUR LIFE IS TODAY.*

*I WANT YOU TO FORGIVE YOURSELF FOR ANY PAST WRONGS, ANY PAST ISSUES THAT ARE KEEPING YOU "STUCK," KEEPING YOU FEELING SHAMEFUL AND GUILTY TOWARDS YOURSELF AND THE DECISIONS THAT YOU'VE MADE.*

*OFTEN WE DON'T TAKE THE TIME TO REALIZE THAT THE DECISIONS WE'VE MADE IN THE PAST, THE PERSON WE WERE TRULY FELT THAT WAS THE BEST DECISION TO MAKE IN THAT MOMENT AND AS WE GROW, MATURE, AND GAIN KNOWLEDGE,*

*WE JUDGE OURSELVES AND COMPARE OURSELVES TO THE KNOWLEDGEABLE PERSON THAT WE ARE TODAY RATHER THAN ACCEPTING THE DIFFERENCE BETWEEN THE PERSON WE WERE IN THE PAST. SO WITH THIS JOURNAL PROMPT, HAVING THIS GUIDANCE,*

*I WANT YOU TO WRITE A LETTER OF FORGIVENESS TO YOURSELF, FORGIVING YOURSELF FOR ANY HARSH JUDGMENT THAT YOU'VE HAD TOWARDS YOUR PAST SELF, ACCEPTING WHO YOU ARE, WHAT YOU'VE DONE AND BEING WILLING AND READY TO MOVE FORWARD.*

*ONCE YOU'VE WRITTEN THAT JOURNAL PROMPT, STATE THE FOLLOWING ALOUD, "I FORGIVE YOU (YOUR NAME). I LOVE YOU WITH ALL OF MY HEART AND I AM READY TO ACCEPT CHANGE, I AM READY TO ACCEPT YOUR LOVE, YOUR AUTHENTICITY, I AM READY TO ACCEPT WHO YOU ARE AND WHERE YOU ARE IN LIFE AND I AM PROUD OF THE WOMAN YOU ARE."*

## LOVE YOUR MIND JOURNAL PROMPT DAY 2

TODAY IS ANOTHER BEAUTIFUL DAY! TAKE THE TIME RIGHT NOW TO TAKE A DEEP BREATH AND LISTEN TO YOUR MIND.

TUNE IN TO YOUR THOUGHTS, YOUR FEELINGS, YOUR SURROUNDINGS AND ASK YOURSELF, "I AM HERE (YOUR NAME) AND I AM LISTENING." I HOPE YOU ARE READY TO ENJOY A DAY THAT YOU HAVE TO OFFER YOURSELF.

YOU'VE BEEN GIVEN THIS DAY TO DO THINGS AND ONE OF THOSE THINGS IS LOVE YOURSELF! MANY OF US HAVE BEEN THROUGH SITUATIONS THAT HAVE HURT US. THEY'RE TARNISHED OUR SELF-ESTEEM, TRAUMATIZED US, MADE US SEE OUR SELF-WORTH AND VALUE FOR MERELY NOTHING. AND TO YOU THAT ARE READING THIS, I AM SORRY. I AM SORRY FOR THE THINGS THAT YOU'VE BEEN THROUGH THAT HAVE MADE YOU LOOK AT YOURSELF FOR LESS THAN WHAT YOU TRULY ARE. YOU ARE A BEAUTIFUL QUEEN WHO DESERVES SO MUCH IN LIFE AND THERE IS A SMALL PART OF YOU THAT KNOWS THAT, BECAUSE YOU'RE SITTING HERE READING THIS, JOURNALING EACH DAY TO BEGIN YOUR JOURNEY TOWARDS SELF-LOVE. OUR MINDS ARE POWERFUL THINGS THAT WE DON'T REALIZE

WE TRULY HAVE CONTROL OVER. NO ONE CAN MAKE US SAY SOMETHING, OR DO SOMETHING, OR EVEN FEEL SOMETHING. WHEN WE ARE TRIGGERED TO REACT OR FEEL AN EMOTION OTHER THAN HAPPINESS TOWARDS SOMEONE BECAUSE OF WHAT THEY'VE SAID, OFTEN TIMES IT'S BECAUSE IT REMINDS US OF SOMETHING IN OUR PAST THAT HAS HURT US OR CAUSED US SOME FORM OF TURMOIL. WHEN WE GIVE "PERMISSION" TO OTHERS, BY ALLOWING THEM TO TAKE ADVANTAGE OF US MENTALLY, PHYSICALLY, AND SPIRITUALLY,

WE ARE GIVING AWAY OUR POWER TO HAVE CONTROL OVER OUR LIVES, WHICH MAKES US FEEL "LOST," "STUCK," "CONFUSED," "UNWORTHY."

SO FOR TODAY'S JOURNAL PROMPT, I WANT YOU TO REFLECT AND ASK YOURSELF "WHY DO I ALLOW OTHERS TO CONTROL MY EMOTIONS, ACTIONS, AND THOUGHTS?" "HOW CAN I TAKE BACK THAT CONTROL TODAY?" AFTER THOROUGHLY READING AND ANSWERING THIS QUESTION, I WANT YOU TO AFFIRM AND SAY ALOUD, "(YOUR NAME) YOU ARE IN CONTROL OF YOUR LIFE. THERE IS NO PERSON WHO KNOWS YOU BETTER THAN YOURSELF, WHO LOVES YOU MORE THAN YOURSELF, AND CAN DO YOU BETTER THAN YOURSELF. THE ANSWER TO FINDING HAPPINESS IS THROUGH YOURSELF AND LOVING YOURSELF, AND TODAY IS THE DAY THAT I WILL LOVE YOU. I WILL LOVE YOU UNCONDITIONALLY, I WILL WORK HARDER AT TRYING TO UNDERSTAND YOUR THOUGHTS, YOUR FEELINGS, AND YOUR ACTIONS, AND I WILL WORK WITH YOU TO MAKE SURE THAT YOU STAY IN CONTROL OF WHO YOU ARE, NOT GIVING THAT KEY TO SOMEONE ELSE. I LOVE YOU. "

*LOVE YOUR MIND JOURNAL PROMPT DAY 3*

*TODAY IS A BEAUTIFUL DAY! TAKE THE TIME RIGHT NOW TO TAKE A DEEP BREATH AND LISTEN TO YOUR MIND.*

*TUNE IN TO YOUR THOUGHTS, YOUR FEELINGS, YOUR SURROUNDINGS AND ASK YOURSELF, "I AM HERE (YOUR NAME) AND I AM LISTENING." TODAY YOU SHOULD BE FEELING A LITTLE BETTER THAN YOU WERE YESTERDAY AND THE DAY BEFORE.*

*TODAY YOU SHOULD FEEL A LITTLE HAPPIER IN KNOWING THAT YOU CAN AND WILL TAKE CONTROL OF YOUR LIFE AND LOVE YOUR MIND TO LOVING YOURSELF! TODAY I WANT YOU TO REFLECT ON ALL THE BEAUTIFUL AND WONDERFUL THINGS YOU HAVE IN YOUR LIFE.*

*I WANT YOU TO REFLECT ON HOW DESPITE THE ODDS AND THE THINGS YOU'VE BEEN THROUGH, YOU'VE MADE IT! AND YOU ARE STILL STANDING, BEAUTIFUL, STRONG, AND SURVIVING! TODAY'S JOURNAL PROMPT, I WANT YOU TO ANSWER THE FOLLOWING;*

*"WHAT DO I LOVE ABOUT MYSELF?"*

*"WHAT IS ONE THING UNIQUE ABOUT MYSELF?"*

*"WHAT DOES UNCONDITIONAL LOVE LOOK LIKE TO ME?"*

*"NAME A COMPASSIONATE WAY YOU'VE SUPPORTED A FRIEND RECENTLY. THEN WRITE DOWN HOW YOU CAN DO THE SAME FOR YOURSELF?"*

*"IF YOU WERE YOUR BEST FRIEND, WHAT WOULD YOU TELL YOURSELF EVERYDAY?"*

*NOW AFTER YOU'VE ANSWERED THOSE QUESTIONS THOROUGHLY, I WANT YOU TO AFFIRM ALOUD TO YOURSELF,*

*"(YOUR NAME), I AM BEAUTIFULLY AND WONDERFULLY MADE! I HAVE BEEN THROUGH SO MUCH AND HAVE ENDURED SO MUCH, THERE IS NO ONE LIKE ME AND THAT IS A GOOD THING! I WILL USE WHAT I'VE BEEN THROUGH TO MAKE ME A BETTER WOMAN.*

*TO MAKE ME LOVE MYSELF HARDER, LISTEN TO MYSELF, AND BE PATIENT WITH MYSELF, BECAUSE I DESERVE THAT! I AM ONE IN A MILLION AND I DESERVE THE MOST LOVE THAT I POSSIBLY HAVE TO OFFER ANYONE! TODAY, I CHOOSE ME! I CHOOSE ME EVERYDAY FORWARD BECAUSE THERE IS ONLY ONE ME! I LOVE YOU!"*

*LOVE YOUR MIND JOURNAL PROMPT DAY 4*

*YES! IT'S ANOTHER BEAUTIFUL DAY! TAKE THE TIME RIGHT NOW TO TAKE A DEEP BREATH AND LISTEN TO YOUR MIND.*

*TUNE IN TO YOUR THOUGHTS, YOUR FEELINGS, YOUR SURROUNDINGS AND ASK TELL YOURSELF, "I AM HERE (YOUR NAME) AND I AM LISTENING."*

*TODAY I WANT YOU TO TAKE THE TIME TO UNDERSTAND THAT YOU ARE WORTH IT! THIS JOURNAL PROMPT IS ABOUT ANSWERING THE FOLLOWING, "I FEEL HAPPIEST IN MY SKIN WHEN ..." AND "ONE THING I'D LOVE TO DO MORE FOR MYSELF IS..."*

*YOU TOTALLY DESERVE WHAT YOU HAVE TO OFFER YOURSELF.*

*AS YOU'VE BEEN WRITING, I HOPE THAT YOU'VE BEEN FEELING THE CONNECTION BETWEEN YOUR MIND AND YOUR BEING.*

*AS YOU'VE BEEN ANSWERING THESE JOURNAL PROMPTS, YOU'VE BEEN TAKING THE TIME TO LISTEN TO YOUR INNER BEING.*

*THE PERSON WHO'S BEEN HERE WITH YOU ALL ALONG AND THE PERSON WHO DESERVES YOUR UNCONDITIONAL LOVE.*

*ONCE YOU'VE WRITTEN YOUR PROMPT, I WANT YOU TO AFFIRM ALOUD TODAY, "(YOUR NAME), YOU ARE AMAZING. THROUGH IT ALL, YOU HAVE STUCK BY ME, HAD MY BACK, AND HAVE BEEN PATIENT IN WAITING FOR ME TO LOVE YOU THE WAY YOU DESERVE.*

*TODAY, I REALIZE HOW AMAZING YOU ARE AND HOW IMPORTANT YOU ARE TO ME, AND I WILL NEVER LET YOU GO. YOU ARE WORTHY OF MY LOVE AND ATTENTION AND I AM READY TO ACCEPT ALL THAT YOU HAVE TO OFFER ME. TODAY WILL BE A GREAT DAY! I LOVE YOU!"*

*LOVE YOUR MIND JOURNAL PROMPT DAY 5*

*WOW! TODAY IS BEAUTIFUL! TAKE THE TIME RIGHT NOW TO TAKE A DEEP BREATH AND LISTEN TO YOUR MIND.*

*TUNE IN TO YOUR THOUGHTS, YOUR FEELINGS, YOUR SURROUNDINGS AND ASK TELL YOURSELF, "I AM HERE (YOUR NAME) AND I AM LISTENING."*

*YOU HAVE MADE IT TO THE FINAL DAY AND I HAVE TO SAY I AM SO PROUD OF YOU! TAKING THE TIME TO TRULY LISTEN TO YOURSELF, FEEL YOURSELF, AND LOVE YOURSELF!*

*YOU'VE AMAZED ME! I HOPE YOU FEEL THE SAME.*

*YOU ARE DESERVING OF THE LOVE YOU HAVE TO OFFER YOURSELF AND I FEEL BY NOW YOU FEEL THAT!*

*WHICH IS BEAUTIFUL! TODAY'S JOURNAL PROMPT IS POWER YET SIMPLE. I WANT YOU TO ANSWER THE FOLLOWING; "WRITE A LIST OF WORDS THAT YOU NEED TO HEAR DAILY."*

*I WANT YOU TO REALLY THINK HARD ON THESE, BECAUSE ANY TIME YOU ARE FEELING DOWN, NOT FEELING WORTHY OF LOVE, I WANT YOU TO SAY THESE WORDS ALOUD TO YOURSELF!*

*WORDS YOU NEED TO HEAR TO MAKE YOU FEEL WORTHY AND LOVED!*

*ONCE YOU'VE WRITTEN YOUR JOURNAL PROMPT I WANT YOU TO AFFIRM ALOUD TO YOURSELF, "YOU MADE IT! YOU COMPLETED 5 DAYS OF JOURNALING SELF LOVE TO YOURSELF AND I FEEL THE LOVE YOU HAVE TO OFFER ME! EACH AND EVERYDAY, I VOW TO LOVE YOU, TO SHOW YOU LOVE AND BE HERE FOR YOU WHEN YOU NEED ME. WE WILL GO THROUGH EACH DAY WORKING ON SELF-LOVE DAY BY DAY! YOU ARE WORTH MY TIME, MY LOVE, AND I AM FULLY ACCEPTING OF YOU! TODAY IS GOING TO BE AN AMAZING DAY! I LOVE YOU!"*

*I AM SO HAPPY AND PROUD OF YOU!*

*I TRULY HOPE THAT THESE 5 DAYS HAVE BEEN HELPFUL IN  
BEGINNING YOUR JOURNEY TOWARDS SELF-LOVE.*

*LOVING YOUR MIND (YOURSELF) TAKES TIME, BUT YOU HAVE TO  
START SOMEWHERE! AND BECAUSE YOU'VE FINISHED  
THROUGH, I'D LOVE TO OFFER YOU SOMETHING SPECIAL! IF YOU  
CAN EMAIL ME A SCREENSHOT OF YOUR JOURNAL PROMPTS  
WITH THE DATE FOR EACH DAY, I WILL OFFER YOU A  
COMPLIMENTARY 15-MINUTE FREE CALL!*

*A CALL WHERE YOU AND I CAN SORT OUT SOME THINGS THAT  
YOU MAY BE GOING THROUGH AND WOULD LOVE SOME CLARITY  
AND DIRECTION IN!*

*MY PURPOSE IS TO SERVE WOMEN WHO WANT THE BEST FOR  
THEMSELVES AND I TRULY WANT TO BE APART OF YOUR  
JOURNEY!*

*SO IF YOU'RE WANTING TO TAKE ME UP ON THIS OFFER, EMAIL  
ME AT [XERCES@LOVEYOURMIND.CO](mailto:XERCES@LOVEYOURMIND.CO) WITH THE SUBJECT LINE:  
JOURNAL PROMPT COMPLIMENTARY CALL*

*I TRULY LOOK FORWARD TO HEARING FROM YOU!*

*WITH LOVE,  
XERCES YOUR PERSONAL EMPOWERMENT COACH*