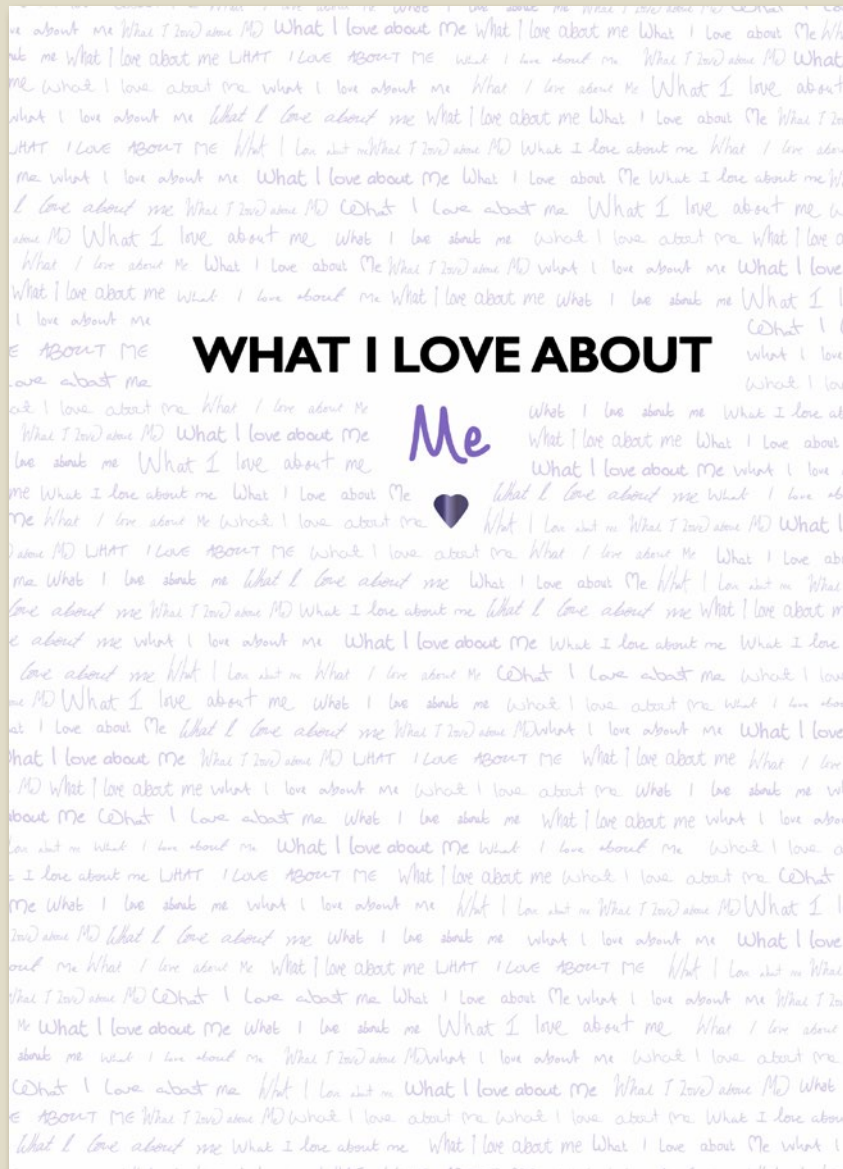


# What I Love About Me



## Fill-in journal to inspire reflection and self celebration

- The new title in the bestselling *What I Love About You* series
- A fill-in journal to inspire self reflection and growth
- An empowering book that taps into trends of self celebration, journaling and intention setting
- *What I Love About You* has sold over 125,000 copies (as of July 2022)

# What I Love About Me

Taking the time every day to write down your thoughts and feelings is a great way to check in with yourself and track your progress over time.

Good morning!

Today I am grateful for...

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

I will invest my time and energy into...

1 \_\_\_\_\_

2 \_\_\_\_\_

Write your daily affirmation.

I am... \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Write your answers to the prompts below, then use it as a template to create your own personalised daily journal.

Goodnight!

Today these amazing things happened...

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

What could I have done to make today even better?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What will I improve tomorrow?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

At the end of the week, take a moment to sit and reflect. Answer the questions and then use this as a template to track your weeks over time.

What are my current priorities, and did I fulfil them this week?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

This week, I spent too much time...

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

This week, I didn't spend enough time...

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What surprised me this week?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

This week, I am grateful for...

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

Use this space to write any thoughts or feelings that came up throughout the course of the week.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Use this space to celebrate any successes this week.

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Set your ambitions for the month ahead and, once the month is complete, reflect on the highs and lows.

Date: \_\_\_\_\_ 20\_\_\_\_

My goals for the month ahead

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

I will invest my time and energy into...

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

This month I will make time for...

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Use this as a template to track how you feel from month to month and appreciate what you have achieved.

Date: \_\_\_\_\_ 20\_\_\_\_

How did I meet my goals this month?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What went well this month?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

What can I improve for next month?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

This month I am grateful for...

1 \_\_\_\_\_

2 \_\_\_\_\_

3 \_\_\_\_\_

[illegible]

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