

As the creator and author of your life (Jeremiah 1:5), God is uniquely qualified to walk beside you on your journey of self-care.

He is:

Strength and help. (Isaiah 41:10)

Protector (Isaiah 43:2)

Compassionate (Isaiah 54:10)

Wisdom (James 1:5)

Forgiving (2 Chronicles 7:14)

Constant companion (Deuteronomy 31:8)

Eternal Life (John 3:36)

Provider (Mark 11:24)

Unconditional Love (John 3:16)

Unchangeable (Jeremiah 31:3)

...and so very much more.

### *My hope for you...*

daughter, is that you would come to know me as your loving Father; that you would see yourself as I see you – precious, priceless; and that you will choose to treat yourself like the treasure you are.

Isaiah 64:8, Jeremiah 29:11, Psalm 139:14

*Abba*





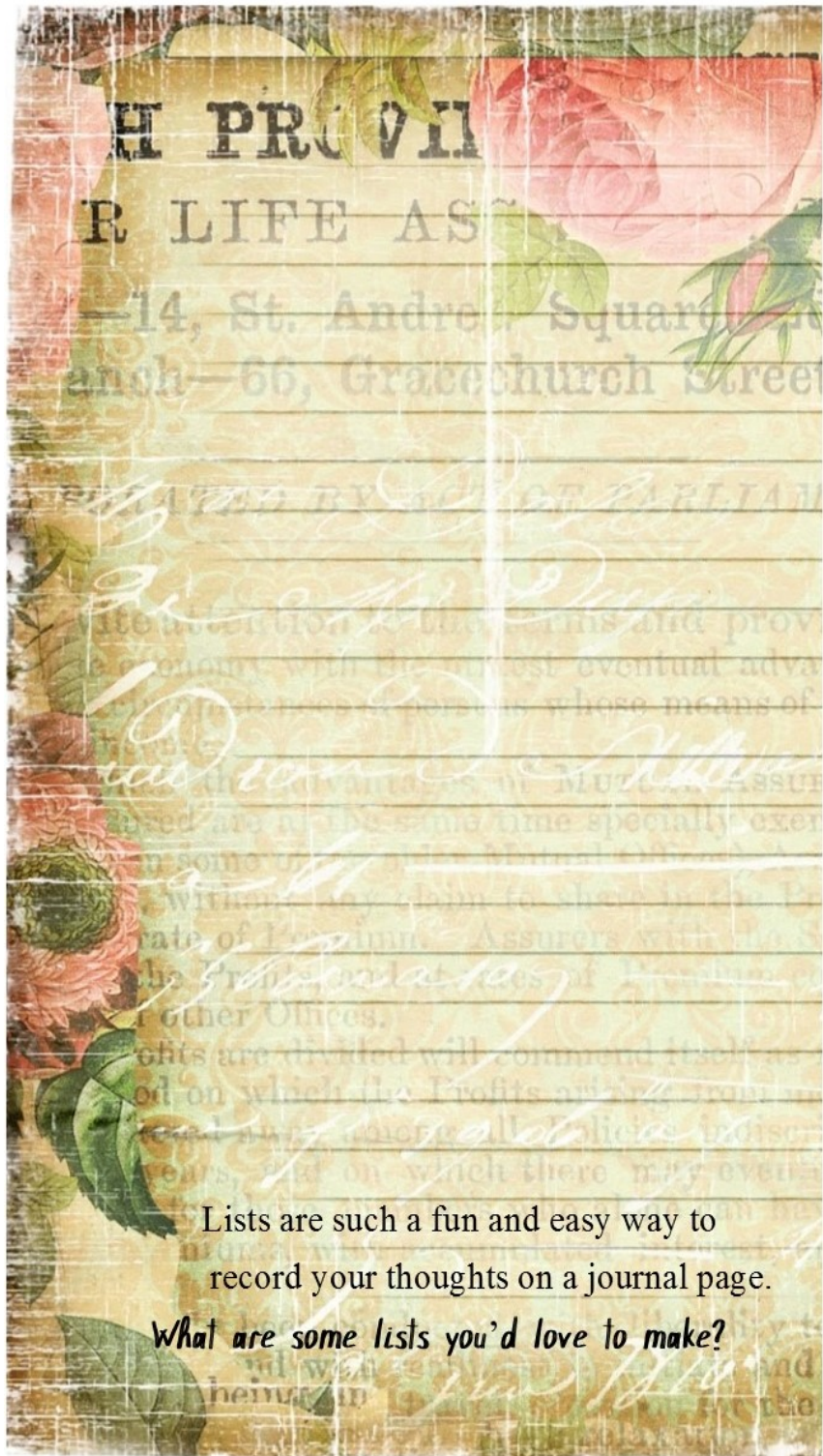
*Do you remember who  
you wanted to be  
before the world  
told you who you  
should be?*

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*Given the chance to clear your mind for a couple hours,  
what would you like to spend more time thinking about?*

*Love those who love me,  
and those who seek me, find me.  
Proverbs 8:17*





Lists are such a fun and easy way to record your thoughts on a journal page.

*What are some lists you'd love to make?*

What did you want to be when you were little? And what about now? What do you want to be? What is it you *really* want to be doing?

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**GRATITUDE IS A CURRENCY THAT WE  
CAN MINT FOR OURSELVES, AND  
SPEND WITHOUT FEAR OF  
BANKRUPTCY.**

Fred De Witt Van Amburgh

What things would you  
like to say **NO** to?

What things would you  
like to say **YES** to?

A vertical writing template consisting of two columns of horizontal lines. The left column is for writing 'NO' responses, and the right column is for 'YES' responses. The two columns are separated by a central vertical line decorated with a stylized arrow pointing upwards and another pointing downwards, both with feathered fletching.

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The decisions you make today matter. Every decision points your life in the direction you are about to travel. No decision is an isolated choice. It's a chain of events. If you choose wisely, your future will reflect that. But if you don't choose wisely, the decisions you make now will take you to places you don't want to be later.

~Lysa TerKeurst

What are you thankful for?

Two columns of horizontal lines for writing, each containing 18 lines.



*There is always something  
to smile about.  
Find it!*

*What does loving yourself  
unconditionally look like?*

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*What does unconditional love  
look like for you?*

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## *A Month of Surprises*

For the next 31 days, allow yourself to be surprised by joy. Find one tiny thing that catches you by surprise in its delightfulness or its beauty. Record your findings here.

1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				