

A woman with long dark hair, wearing a white long-sleeved shirt and white pants, is sitting in a meditative pose on a sandy beach. She is looking out towards the ocean under a bright, hazy sky. The sun is low on the horizon, creating a warm, golden glow. The background shows the ocean and distant hills.

KIMBERLEY RECORD

30-DAY

BODY LOVE
MEDITATION

&
JOURNALING
PROGRAM

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KIMBERLEY RECORD

BODY LOVE MEDITATION JOURNAL

WELCOME TO YOUR **30-DAY** BODY LOVE MEDITATION & JOURNALING PROGRAM!

Here's how to get the most out of the next 30 days:

- Set aside 30-40 mins each day (preferably in the morning) to listen to the guided meditation and answer the 6 journaling questions immediately upon completion (a sample of a completed daily journal is on the next page).
- If you cannot do your meditation and journaling in the morning, it is OK to do it in the evening - and simply answer your questions with the next 24 hours in mind. No matter what time of day you choose, it's important to ensure that you have quiet, uninterrupted time to allow you to complete both the meditation and journaling process together, without distraction.
- Do not spend too much time thinking about your answers - write down the first thing that comes to mind. Trust yourself, trust your body. Give yourself permission to give up overthinking. There is no right or wrong answer to the questions (I recommend you try to complete it within 5-10 minutes max.).
- Write out your answers by hand, rather than typing them. Hand-written answers have the added bonus of being downloaded to your subconscious - which is part of the magic of this process.
- Read your declaration aloud, with your shoulders back and chest open, and speak loudly and clearly. If possible, read it in front of the mirror and look into your eyes when you speak. It may feel silly at first, but the more you do it, the less silly it will feel. Remember, this statement is more than an affirmation, or something to aspire to; it is your natural state, already within you to access, and this meditation and journaling process is designed to help you to ground yourself in this belief.
- Always sign and date your daily journal. This has the added benefit of acknowledging your daily process as "complete", as well as solidifying your intentions, and your agreement that all the positive statements you've made about yourself are true. Belief, and confidence, in yourself builds from this final acknowledgement.
- There is no limit to how many times you can repeat this program. I recommend it for a minimum of 30 days, but ideally for 90 days, to help really solidify your Body Love from the Inside-Out. It's a fantastic tool to use as you embark on any new healthy lifestyle change, or even beforehand, to help you set the foundation for permanent change and long-term success.



KIMBERLEY RECORD

BODY LOVE MEDITATION JOURNAL

DAY 1 EXAMPLE

ONE NEW thing I'm appreciating about my body today is:

The strength of my arms to lift up my little girl

ONE thing I'm **most proud** of today is:

Speaking openly and honestly with my husband before anger builds up (progress!).

The **ONE body part** to which I'll send additional **UNCONDITIONAL LOVE** throughout the day today is:

My thighs

I'll be reminded of my unconditional love for this body part every time I:

Sit down

The **ONE self-care category** I'm most drawn to focus on today is (circle one):

MY NUTRITION
(food, supplements, hydration)

MY CREATIVITY

MY SUPPORTIVE
ENVIRONMENT
(people & things)

MY ACTIVITY/MOVEMENT

MY SPIRITUALITY

MY FUN & PLAY

MY PAMPERING

MY REST & SLEEP

ONE intention I'm setting for this self-care category today is:

Turn off the TV one hour before bed to read and relax

Declaration: "I AM WHOLE, COMPLETE, AND BEAUTIFUL."

Signature: _____

Date: _____



KIMBERLEY RECORD

BODY LOVE MEDITATION JOURNAL

DAY 1

ONE NEW thing I'm appreciating about my body today is:

ONE thing I'm **most proud** of today is:

The **ONE body part** to which I'll send additional **UNCONDITIONAL LOVE** throughout the day today is:

I'll be reminded of my unconditional love for this body part every time I:

The **ONE self-care category** I'm most drawn to focus on today is (circle one):

MY NUTRITION
(food, supplements, hydration)

MY CREATIVITY

MY SUPPORTIVE
ENVIRONMENT
(people & things)

MY ACTIVITY/MOVEMENT

MY SPIRITUALITY

MY FUN & PLAY

MY PAMPERING

MY REST & SLEEP

ONE intention I'm setting for this self-care category today is:

Declaration: "I AM WHOLE, COMPLETE, AND BEAUTIFUL."

Signature: _____

Date: _____



KIMBERLEY RECORD

BODY LOVE MEDITATION JOURNAL

DAY 2

ONE NEW thing I'm appreciating about my body today is:

ONE thing I'm **most proud** of today is:

The **ONE body part** to which I'll send additional **UNCONDITIONAL LOVE** throughout the day today is:

I'll be reminded of my unconditional love for this body part every time I:

The **ONE self-care category** I'm most drawn to focus on today is (circle one):

MY NUTRITION
(food, supplements, hydration)

MY CREATIVITY

MY SUPPORTIVE
ENVIRONMENT
(people & things)

MY ACTIVITY/MOVEMENT

MY SPIRITUALITY

MY FUN & PLAY

MY PAMPERING

MY REST & SLEEP

ONE intention I'm setting for this self-care category today is:

Declaration: "I AM WHOLE, COMPLETE, AND BEAUTIFUL."

Signature: _____

Date: _____



KIMBERLEY RECORD

BODY LOVE MEDITATION JOURNAL

DAY 3

ONE NEW thing I'm appreciating about my body today is:

ONE thing I'm **most proud** of today is:

The **ONE body part** to which I'll send additional **UNCONDITIONAL LOVE** throughout the day today is:

I'll be reminded of my unconditional love for this body part every time I:

The **ONE self-care category** I'm most drawn to focus on today is (circle one):

MY NUTRITION
(food, supplements, hydration)

MY CREATIVITY

MY SUPPORTIVE
ENVIRONMENT
(people & things)

MY ACTIVITY/MOVEMENT

MY SPIRITUALITY

MY FUN & PLAY

MY PAMPERING

MY REST & SLEEP

ONE intention I'm setting for this self-care category today is:

Declaration: "I AM WHOLE, COMPLETE, AND BEAUTIFUL."

Signature: _____

Date: _____



KIMBERLEY RECORD

BODY LOVE MEDITATION JOURNAL

DAY 4

ONE NEW thing I'm appreciating about my body today is:

ONE thing I'm **most proud** of today is:

The **ONE body part** to which I'll send additional **UNCONDITIONAL LOVE** throughout the day today is:

I'll be reminded of my unconditional love for this body part every time I:

The **ONE self-care category** I'm most drawn to focus on today is (circle one):

MY NUTRITION
(food, supplements, hydration)

MY CREATIVITY

MY SUPPORTIVE
ENVIRONMENT
(people & things)

MY ACTIVITY/MOVEMENT

MY SPIRITUALITY

MY FUN & PLAY

MY PAMPERING

MY REST & SLEEP

ONE intention I'm setting for this self-care category today is:

Declaration: "I AM WHOLE, COMPLETE, AND BEAUTIFUL."

Signature: _____

Date: _____



KIMBERLEY RECORD

BODY LOVE MEDITATION JOURNAL

DAY 5

ONE NEW thing I'm appreciating about my body today is:

ONE thing I'm **most proud** of today is:

The **ONE body part** to which I'll send additional **UNCONDITIONAL LOVE** throughout the day today is:

I'll be reminded of my unconditional love for this body part every time I:

The **ONE self-care category** I'm most drawn to focus on today is (circle one):

MY NUTRITION
(food, supplements, hydration)

MY CREATIVITY

MY SUPPORTIVE
ENVIRONMENT
(people & things)

MY ACTIVITY/MOVEMENT

MY SPIRITUALITY

MY FUN & PLAY

MY PAMPERING

MY REST & SLEEP

ONE intention I'm setting for this self-care category today is:

Declaration: "I AM WHOLE, COMPLETE, AND BEAUTIFUL."

Signature: _____

Date: _____



KIMBERLEY RECORD

BODY LOVE MEDITATION JOURNAL

DAY 6

ONE NEW thing I'm appreciating about my body today is:

ONE thing I'm **most proud** of today is:

The **ONE body part** to which I'll send additional **UNCONDITIONAL LOVE** throughout the day today is:

I'll be reminded of my unconditional love for this body part every time I:

The **ONE self-care category** I'm most drawn to focus on today is (circle one):

MY NUTRITION
(food, supplements, hydration)

MY CREATIVITY

MY SUPPORTIVE
ENVIRONMENT
(people & things)

MY ACTIVITY/MOVEMENT

MY SPIRITUALITY

MY FUN & PLAY

MY PAMPERING

MY REST & SLEEP

ONE intention I'm setting for this self-care category today is:

Declaration: "I AM WHOLE, COMPLETE, AND BEAUTIFUL."

Signature: _____

Date: _____



KIMBERLEY RECORD

BODY LOVE MEDITATION JOURNAL

DAY 7

ONE NEW thing I'm appreciating about my body today is:

ONE thing I'm **most proud** of today is:

The **ONE body part** to which I'll send additional **UNCONDITIONAL LOVE** throughout the day today is:

I'll be reminded of my unconditional love for this body part every time I:

The **ONE self-care category** I'm most drawn to focus on today is (circle one):

MY NUTRITION
(food, supplements, hydration)

MY CREATIVITY

MY SUPPORTIVE
ENVIRONMENT
(people & things)

MY ACTIVITY/MOVEMENT

MY SPIRITUALITY

MY FUN & PLAY

MY PAMPERING

MY REST & SLEEP

ONE intention I'm setting for this self-care category today is:

Declaration: "I AM WHOLE, COMPLETE, AND BEAUTIFUL."

Signature: _____

Date: _____



KIMBERLEY RECORD

BODY LOVE MEDITATION JOURNAL

DAY 8

ONE NEW thing I'm appreciating about my body today is:

ONE thing I'm **most proud** of today is:

The **ONE body part** to which I'll send additional **UNCONDITIONAL LOVE** throughout the day today is:

I'll be reminded of my unconditional love for this body part every time I:

The **ONE self-care category** I'm most drawn to focus on today is (circle one):

MY NUTRITION
(food, supplements, hydration)

MY CREATIVITY

MY SUPPORTIVE
ENVIRONMENT
(people & things)

MY ACTIVITY/MOVEMENT

MY SPIRITUALITY

MY FUN & PLAY

MY PAMPERING

MY REST & SLEEP

ONE intention I'm setting for this self-care category today is:

Declaration: "I AM WHOLE, COMPLETE, AND BEAUTIFUL."

Signature: _____

Date: _____



KIMBERLEY RECORD

BODY LOVE MEDITATION JOURNAL

DAY 9

ONE NEW thing I'm appreciating about my body today is:

ONE thing I'm **most proud** of today is:

The **ONE body part** to which I'll send additional **UNCONDITIONAL LOVE** throughout the day today is:

I'll be reminded of my unconditional love for this body part every time I:

The **ONE self-care category** I'm most drawn to focus on today is (circle one):

MY NUTRITION
(food, supplements, hydration)

MY CREATIVITY

MY SUPPORTIVE
ENVIRONMENT
(people & things)

MY ACTIVITY/MOVEMENT

MY SPIRITUALITY

MY FUN & PLAY

MY PAMPERING

MY REST & SLEEP

ONE intention I'm setting for this self-care category today is:

Declaration: "I AM WHOLE, COMPLETE, AND BEAUTIFUL."

Signature: _____

Date: _____



KIMBERLEY RECORD

BODY LOVE MEDITATION JOURNAL

DAY 10

ONE NEW thing I'm appreciating about my body today is:

ONE thing I'm **most proud** of today is:

The **ONE body part** to which I'll send additional **UNCONDITIONAL LOVE** throughout the day today is:

I'll be reminded of my unconditional love for this body part every time I:

The **ONE self-care category** I'm most drawn to focus on today is (circle one):

MY NUTRITION
(food, supplements, hydration)

MY CREATIVITY

MY SUPPORTIVE
ENVIRONMENT
(people & things)

MY ACTIVITY/MOVEMENT

MY SPIRITUALITY

MY FUN & PLAY

MY PAMPERING

MY REST & SLEEP

ONE intention I'm setting for this self-care category today is:

Declaration: "I AM WHOLE, COMPLETE, AND BEAUTIFUL."

Signature: _____

Date: _____



KIMBERLEY RECORD

BODY LOVE MEDITATION JOURNAL

DAY 11

ONE NEW thing I'm appreciating about my body today is:

ONE thing I'm **most proud** of today is:

The **ONE body part** to which I'll send additional **UNCONDITIONAL LOVE** throughout the day today is:

I'll be reminded of my unconditional love for this body part every time I:

The **ONE self-care category** I'm most drawn to focus on today is (circle one):

MY NUTRITION
(food, supplements, hydration)

MY CREATIVITY

MY SUPPORTIVE
ENVIRONMENT
(people & things)

MY ACTIVITY/MOVEMENT

MY SPIRITUALITY

MY FUN & PLAY

MY PAMPERING

MY REST & SLEEP

ONE intention I'm setting for this self-care category today is:

Declaration: "I AM WHOLE, COMPLETE, AND BEAUTIFUL."

Signature: _____

Date: _____



KIMBERLEY RECORD

BODY LOVE MEDITATION JOURNAL

DAY 12

ONE NEW thing I'm appreciating about my body today is:

ONE thing I'm **most proud** of today is:

The **ONE body part** to which I'll send additional **UNCONDITIONAL LOVE** throughout the day today is:

I'll be reminded of my unconditional love for this body part every time I:

The **ONE self-care category** I'm most drawn to focus on today is (circle one):

MY NUTRITION
(food, supplements, hydration)

MY CREATIVITY

MY SUPPORTIVE
ENVIRONMENT
(people & things)

MY ACTIVITY/MOVEMENT

MY SPIRITUALITY

MY FUN & PLAY

MY PAMPERING

MY REST & SLEEP

ONE intention I'm setting for this self-care category today is:

Declaration: "I AM WHOLE, COMPLETE, AND BEAUTIFUL."

Signature: _____

Date: _____



KIMBERLEY RECORD

BODY LOVE MEDITATION JOURNAL

DAY 13

ONE NEW thing I'm appreciating about my body today is:

ONE thing I'm **most proud** of today is:

The **ONE body part** to which I'll send additional **UNCONDITIONAL LOVE** throughout the day today is:

I'll be reminded of my unconditional love for this body part every time I:

The **ONE self-care category** I'm most drawn to focus on today is (circle one):

MY NUTRITION
(food, supplements, hydration)

MY CREATIVITY

MY SUPPORTIVE
ENVIRONMENT
(people & things)

MY ACTIVITY/MOVEMENT

MY SPIRITUALITY

MY FUN & PLAY

MY PAMPERING

MY REST & SLEEP

ONE intention I'm setting for this self-care category today is:

Declaration: "I AM WHOLE, COMPLETE, AND BEAUTIFUL."

Signature: _____

Date: _____



KIMBERLEY RECORD

BODY LOVE MEDITATION JOURNAL

DAY 14

ONE NEW thing I'm appreciating about my body today is:

ONE thing I'm **most proud** of today is:

The **ONE body part** to which I'll send additional **UNCONDITIONAL LOVE** throughout the day today is:

I'll be reminded of my unconditional love for this body part every time I:

The **ONE self-care category** I'm most drawn to focus on today is (circle one):

MY NUTRITION
(food, supplements, hydration)

MY CREATIVITY

MY SUPPORTIVE
ENVIRONMENT
(people & things)

MY ACTIVITY/MOVEMENT

MY SPIRITUALITY

MY FUN & PLAY

MY PAMPERING

MY REST & SLEEP

ONE intention I'm setting for this self-care category today is:

Declaration: "I AM WHOLE, COMPLETE, AND BEAUTIFUL."

Signature: _____

Date: _____



KIMBERLEY RECORD

BODY LOVE MEDITATION JOURNAL

DAY 15

ONE NEW thing I'm appreciating about my body today is:

ONE thing I'm **most proud** of today is:

The **ONE body part** to which I'll send additional **UNCONDITIONAL LOVE** throughout the day today is:

I'll be reminded of my unconditional love for this body part every time I:

The **ONE self-care category** I'm most drawn to focus on today is (circle one):

MY NUTRITION
(food, supplements, hydration)

MY CREATIVITY

MY SUPPORTIVE
ENVIRONMENT
(people & things)

MY ACTIVITY/MOVEMENT

MY SPIRITUALITY

MY FUN & PLAY

MY PAMPERING

MY REST & SLEEP

ONE intention I'm setting for this self-care category today is:

Declaration: "I AM WHOLE, COMPLETE, AND BEAUTIFUL."

Signature: _____

Date: _____



KIMBERLEY RECORD

BODY LOVE MEDITATION JOURNAL

DAY 16

ONE NEW thing I'm appreciating about my body today is:

ONE thing I'm **most proud** of today is:

The **ONE body part** to which I'll send additional **UNCONDITIONAL LOVE** throughout the day today is:

I'll be reminded of my unconditional love for this body part every time I:

The **ONE self-care category** I'm most drawn to focus on today is (circle one):

MY NUTRITION
(food, supplements, hydration)

MY CREATIVITY

MY SUPPORTIVE
ENVIRONMENT
(people & things)

MY ACTIVITY/MOVEMENT

MY SPIRITUALITY

MY FUN & PLAY

MY PAMPERING

MY REST & SLEEP

ONE intention I'm setting for this self-care category today is:

Declaration: "I AM WHOLE, COMPLETE, AND BEAUTIFUL."

Signature: _____

Date: _____



KIMBERLEY RECORD

BODY LOVE MEDITATION JOURNAL

DAY 17

ONE NEW thing I'm appreciating about my body today is:

ONE thing I'm **most proud** of today is:

The **ONE body part** to which I'll send additional **UNCONDITIONAL LOVE** throughout the day today is:

I'll be reminded of my unconditional love for this body part every time I:

The **ONE self-care category** I'm most drawn to focus on today is (circle one):

MY NUTRITION
(food, supplements, hydration)

MY CREATIVITY

MY SUPPORTIVE
ENVIRONMENT
(people & things)

MY ACTIVITY/MOVEMENT

MY SPIRITUALITY

MY FUN & PLAY

MY PAMPERING

MY REST & SLEEP

ONE intention I'm setting for this self-care category today is:

Declaration: "I AM WHOLE, COMPLETE, AND BEAUTIFUL."

Signature: _____

Date: _____



KIMBERLEY RECORD

BODY LOVE MEDITATION JOURNAL

DAY 18

ONE NEW thing I'm appreciating about my body today is:

ONE thing I'm **most proud** of today is:

The **ONE body part** to which I'll send additional **UNCONDITIONAL LOVE** throughout the day today is:

I'll be reminded of my unconditional love for this body part every time I:

The **ONE self-care category** I'm most drawn to focus on today is (circle one):

MY NUTRITION
(food, supplements, hydration)

MY CREATIVITY

MY SUPPORTIVE
ENVIRONMENT
(people & things)

MY ACTIVITY/MOVEMENT

MY SPIRITUALITY

MY FUN & PLAY

MY PAMPERING

MY REST & SLEEP

ONE intention I'm setting for this self-care category today is:

Declaration: "I AM WHOLE, COMPLETE, AND BEAUTIFUL."

Signature: _____

Date: _____



KIMBERLEY RECORD

BODY LOVE MEDITATION JOURNAL

DAY 19

ONE NEW thing I'm appreciating about my body today is:

ONE thing I'm **most proud** of today is:

The **ONE body part** to which I'll send additional **UNCONDITIONAL LOVE** throughout the day today is:

I'll be reminded of my unconditional love for this body part every time I:

The **ONE self-care category** I'm most drawn to focus on today is (circle one):

MY NUTRITION
(food, supplements, hydration)

MY CREATIVITY

MY SUPPORTIVE
ENVIRONMENT
(people & things)

MY ACTIVITY/MOVEMENT

MY SPIRITUALITY

MY FUN & PLAY

MY PAMPERING

MY REST & SLEEP

ONE intention I'm setting for this self-care category today is:

Declaration: "I AM WHOLE, COMPLETE, AND BEAUTIFUL."

Signature: _____

Date: _____



KIMBERLEY RECORD

BODY LOVE MEDITATION JOURNAL

DAY 20

ONE NEW thing I'm appreciating about my body today is:

ONE thing I'm **most proud** of today is:

The **ONE body part** to which I'll send additional **UNCONDITIONAL LOVE** throughout the day today is:

I'll be reminded of my unconditional love for this body part every time I:

The **ONE self-care category** I'm most drawn to focus on today is (circle one):

MY NUTRITION
(food, supplements, hydration)

MY CREATIVITY

MY SUPPORTIVE
ENVIRONMENT
(people & things)

MY ACTIVITY/MOVEMENT

MY SPIRITUALITY

MY FUN & PLAY

MY PAMPERING

MY REST & SLEEP

ONE intention I'm setting for this self-care category today is:

Declaration: "I AM WHOLE, COMPLETE, AND BEAUTIFUL."

Signature: _____

Date: _____



KIMBERLEY RECORD

BODY LOVE MEDITATION JOURNAL

DAY 21

ONE NEW thing I'm appreciating about my body today is:

ONE thing I'm **most proud** of today is:

The **ONE body part** to which I'll send additional **UNCONDITIONAL LOVE** throughout the day today is:

I'll be reminded of my unconditional love for this body part every time I:

The **ONE self-care category** I'm most drawn to focus on today is (circle one):

MY NUTRITION
(food, supplements, hydration)

MY CREATIVITY

MY SUPPORTIVE
ENVIRONMENT
(people & things)

MY ACTIVITY/MOVEMENT

MY SPIRITUALITY

MY FUN & PLAY

MY PAMPERING

MY REST & SLEEP

ONE intention I'm setting for this self-care category today is:

Declaration: "I AM WHOLE, COMPLETE, AND BEAUTIFUL."

Signature: _____

Date: _____



KIMBERLEY RECORD

BODY LOVE MEDITATION JOURNAL

DAY 22

ONE NEW thing I'm appreciating about my body today is:

ONE thing I'm **most proud** of today is:

The **ONE body part** to which I'll send additional **UNCONDITIONAL LOVE** throughout the day today is:

I'll be reminded of my unconditional love for this body part every time I:

The **ONE self-care category** I'm most drawn to focus on today is (circle one):

MY NUTRITION
(food, supplements, hydration)

MY CREATIVITY

MY SUPPORTIVE
ENVIRONMENT
(people & things)

MY ACTIVITY/MOVEMENT

MY SPIRITUALITY

MY FUN & PLAY

MY PAMPERING

MY REST & SLEEP

ONE intention I'm setting for this self-care category today is:

Declaration: "I AM WHOLE, COMPLETE, AND BEAUTIFUL."

Signature: _____

Date: _____



KIMBERLEY RECORD

BODY LOVE MEDITATION JOURNAL

DAY 23

ONE NEW thing I'm appreciating about my body today is:

ONE thing I'm **most proud** of today is:

The **ONE body part** to which I'll send additional **UNCONDITIONAL LOVE** throughout the day today is:

I'll be reminded of my unconditional love for this body part every time I:

The **ONE self-care category** I'm most drawn to focus on today is (circle one):

MY NUTRITION
(food, supplements, hydration)

MY CREATIVITY

MY SUPPORTIVE
ENVIRONMENT
(people & things)

MY ACTIVITY/MOVEMENT

MY SPIRITUALITY

MY FUN & PLAY

MY PAMPERING

MY REST & SLEEP

ONE intention I'm setting for this self-care category today is:

Declaration: "I AM WHOLE, COMPLETE, AND BEAUTIFUL."

Signature: _____

Date: _____



KIMBERLEY RECORD

BODY LOVE MEDITATION JOURNAL

DAY 24

ONE NEW thing I'm appreciating about my body today is:

ONE thing I'm **most proud** of today is:

The **ONE body part** to which I'll send additional **UNCONDITIONAL LOVE** throughout the day today is:

I'll be reminded of my unconditional love for this body part every time I:

The **ONE self-care category** I'm most drawn to focus on today is (circle one):

MY NUTRITION
(food, supplements, hydration)

MY CREATIVITY

MY SUPPORTIVE
ENVIRONMENT
(people & things)

MY ACTIVITY/MOVEMENT

MY SPIRITUALITY

MY FUN & PLAY

MY PAMPERING

MY REST & SLEEP

ONE intention I'm setting for this self-care category today is:

Declaration: "I AM WHOLE, COMPLETE, AND BEAUTIFUL."

Signature: _____

Date: _____



KIMBERLEY RECORD

BODY LOVE MEDITATION JOURNAL

DAY 25

ONE NEW thing I'm appreciating about my body today is:

ONE thing I'm **most proud** of today is:

The **ONE body part** to which I'll send additional **UNCONDITIONAL LOVE** throughout the day today is:

I'll be reminded of my unconditional love for this body part every time I:

The **ONE self-care category** I'm most drawn to focus on today is (circle one):

MY NUTRITION
(food, supplements, hydration)

MY CREATIVITY

MY SUPPORTIVE
ENVIRONMENT
(people & things)

MY ACTIVITY/MOVEMENT

MY SPIRITUALITY

MY FUN & PLAY

MY PAMPERING

MY REST & SLEEP

ONE intention I'm setting for this self-care category today is:

Declaration: "I AM WHOLE, COMPLETE, AND BEAUTIFUL."

Signature: _____

Date: _____



KIMBERLEY RECORD

BODY LOVE MEDITATION JOURNAL

DAY 26

ONE NEW thing I'm appreciating about my body today is:

ONE thing I'm **most proud** of today is:

The **ONE body part** to which I'll send additional **UNCONDITIONAL LOVE** throughout the day today is:

I'll be reminded of my unconditional love for this body part every time I:

The **ONE self-care category** I'm most drawn to focus on today is (circle one):

MY NUTRITION
(food, supplements, hydration)

MY CREATIVITY

MY SUPPORTIVE
ENVIRONMENT
(people & things)

MY ACTIVITY/MOVEMENT

MY SPIRITUALITY

MY FUN & PLAY

MY PAMPERING

MY REST & SLEEP

ONE intention I'm setting for this self-care category today is:

Declaration: "I AM WHOLE, COMPLETE, AND BEAUTIFUL."

Signature: _____

Date: _____



KIMBERLEY RECORD

BODY LOVE MEDITATION JOURNAL

DAY 27

ONE NEW thing I'm appreciating about my body today is:

ONE thing I'm **most proud** of today is:

The **ONE body part** to which I'll send additional **UNCONDITIONAL LOVE** throughout the day today is:

I'll be reminded of my unconditional love for this body part every time I:

The **ONE self-care category** I'm most drawn to focus on today is (circle one):

MY NUTRITION
(food, supplements, hydration)

MY CREATIVITY

MY SUPPORTIVE
ENVIRONMENT
(people & things)

MY ACTIVITY/MOVEMENT

MY SPIRITUALITY

MY FUN & PLAY

MY PAMPERING

MY REST & SLEEP

ONE intention I'm setting for this self-care category today is:

Declaration: "I AM WHOLE, COMPLETE, AND BEAUTIFUL."

Signature: _____

Date: _____



KIMBERLEY RECORD

BODY LOVE MEDITATION JOURNAL

DAY 28

ONE NEW thing I'm appreciating about my body today is:

ONE thing I'm **most proud** of today is:

The **ONE body part** to which I'll send additional **UNCONDITIONAL LOVE** throughout the day today is:

I'll be reminded of my unconditional love for this body part every time I:

The **ONE self-care category** I'm most drawn to focus on today is (circle one):

MY NUTRITION
(food, supplements, hydration)

MY CREATIVITY

MY SUPPORTIVE
ENVIRONMENT
(people & things)

MY ACTIVITY/MOVEMENT

MY SPIRITUALITY

MY FUN & PLAY

MY PAMPERING

MY REST & SLEEP

ONE intention I'm setting for this self-care category today is:

Declaration: "I AM WHOLE, COMPLETE, AND BEAUTIFUL."

Signature: _____

Date: _____



KIMBERLEY RECORD

BODY LOVE MEDITATION JOURNAL

DAY 29

ONE NEW thing I'm appreciating about my body today is:

ONE thing I'm **most proud** of today is:

The **ONE body part** to which I'll send additional **UNCONDITIONAL LOVE** throughout the day today is:

I'll be reminded of my unconditional love for this body part every time I:

The **ONE self-care category** I'm most drawn to focus on today is (circle one):

MY NUTRITION
(food, supplements, hydration)

MY CREATIVITY

MY SUPPORTIVE
ENVIRONMENT
(people & things)

MY ACTIVITY/MOVEMENT

MY SPIRITUALITY

MY FUN & PLAY

MY PAMPERING

MY REST & SLEEP

ONE intention I'm setting for this self-care category today is:

Declaration: "I AM WHOLE, COMPLETE, AND BEAUTIFUL."

Signature: _____

Date: _____



KIMBERLEY RECORD

BODY LOVE MEDITATION JOURNAL

DAY 30

ONE NEW thing I'm appreciating about my body today is:

ONE thing I'm **most proud** of today is:

The **ONE body part** to which I'll send additional **UNCONDITIONAL LOVE** throughout the day today is:

I'll be reminded of my unconditional love for this body part every time I:

The **ONE self-care category** I'm most drawn to focus on today is (circle one):

MY NUTRITION
(food, supplements, hydration)

MY CREATIVITY

MY SUPPORTIVE
ENVIRONMENT
(people & things)

MY ACTIVITY/MOVEMENT

MY SPIRITUALITY

MY FUN & PLAY

MY PAMPERING

MY REST & SLEEP

ONE intention I'm setting for this self-care category today is:

Declaration: "I AM WHOLE, COMPLETE, AND BEAUTIFUL."

Signature: _____

Date: _____



KIMBERLEY RECORD

BODY LOVE MEDITATION JOURNAL

CONGRATULATIONS!

You have completed your 30-Day Body Love Meditation & Journaling Program!

Please take a moment to acknowledge your top 3 wins from the past 30 days (i.e. where you made progress, overcame obstacles, stopped procrastinating, improved your physical health/mental/emotional health, developed deeper connections, etc.), and set some new intentions to continue with your progress over the next 30 days (which may include completing another 30-day program):

Over the past 30 days, I am proud to have made the following improvements to my life and my health:

1. _____
2. _____
3. _____

Over the next 30 days, I am committed to the following 3 intentions to continue my journey toward true Body Love, from the inside-out:

1. _____
2. _____
3. _____

Thank you for including me in your Body Love journey!
Blessings and Much Love,

KIMBERLEY