



A 7 DAY SELF-LOVE RESET GUIDE

A MINI MINDSET JOURNAL

BY TERRI BAILEY CHATS & [QUEENSROOM.ORG](https://queensroom.org)

GREETINGS BELOVED!

Welcome to your Self-Love Reset. This is your 7-day space to slow down, check in with yourself, and step into the version of you that you've been calling forward.

Life moves quickly. We often move with it without stopping to ask, "What do I need right now?" This journal gives you that pause. That breath. That moment to listen.

Each day offers you a morning prompt, an evening reflection, and a quote for guidance. The goal is not to add more to your plate. The goal is to help you return to your own voice, your own rhythm, your own knowing.

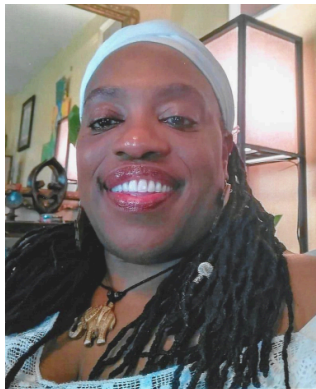
This is not a perfection project. It is a progress practice. Awareness, honesty, and small daily shifts lead to deep, lasting change.

You are not starting over. You are building on the wisdom and experiences you already carry. Give yourself 10 minutes a day. You, your pen, and your thoughts. By week's end, you might notice your mind feels lighter, your heart feels clearer, and your story feels more like yours.

Let's reset together.

In Gratitude,

Terri



I AM WORTHY, WONDERFUL AND WELL! Self Love & The Laws of S.H.E.™



S.H.E. = Self Love, Healing & Empowerment

The Laws of S.H.E. state:

It is your divine obligation to care for yourself.

You owe it to yourself and your creator or higher power to love and nurture the gifts you have been given. Your life, your wellness, and your joy are non-negotiable!

I'm a work in progress

by Terri L. Bailey (c) 2007

I'm a work in progress

**And I'm so glad the Most High
knows**

That I'm not perfect

And progress is sloooooow

I still get stressed out

About the things that I need

I still worry about

My past dirty deeds

I still get angry

I still have doubts

I still go crazy

And show the hell out

But the Goddess still loves me

And gives me leeway

To make myself better

When I focus and pray

I grant myself sweet forgiveness

And permission to move on

And I know I'm deserving

Through this life and beyond



Getting Started: Commit to loving you, unconditionally

The first step to any great self-care plan is a declaration of self-love. As cliché as it sounds, the old saying, “You can’t truly love anyone else if you don’t love yourself!” is true.

Take deliberate action and proclaim
your undying, unconditional love for you.

Grab your mirror, look lovingly at your reflection and say out
loud,

***“I love you! You are divine. You are worthy of my love and all
that is good in the world. Baby, if no one else loves you, know
that I always will.”***

I made it a habit to say this or a similar declaration of love to myself each morning. It helps to set the tone of the day. Even if you wake up with an attitude, a declaration of self-love will go a long way in changing your outlook on the day.

As the day goes on, if you find yourself frustrated, angry, or out of control, go to the mirror and remind yourself that you are loved, you are in control, and then reclaim your peace.

Remember a cool head wins all wars. Even if it’s just a few minutes, take the time to nurture yourself and regain your

cool.

Track Your Self-Love Activities

Try to complete as much as you can from the following activities in a month, and track your progress.

Activity	S	M	T	W	T	F	S
Wake up at 6am							
Drink Water							
Healthy Breakfast							
No sugar							
No alcohol							
Praise yourself							
Read for 30min a day							
Workout for 45min							
Be Kind with others							
Acknowledge Your Effort							
Laugh and smile							
Let Go Of Worry							
Practice relaxation							
Have Fun							

Activity	S	M	T	W	T	F	S
Take a walk in the nature							
Talk to yourself positively							
Clean your house or office							
Eat healthy food							
Cut down on your caffeine intake							
Help someone							
Smile							
Stand up straight							
Start learning a new skill							
Shut off your email and cellphone for an hour							
Plan a goal							
Read 10 pages of the growth mindset book							
Celebrate a goal you've achieved							
Take a nap							
Give yourself a massage							
Admire your body							
Have a soothing bath							
Take a deep mindful breath							
Drink herbal tea							
Take a walk in the sun							

MORNING ROUTINE

What energy do I want to bring into this day?



EVENING REFLECTION

What went well today, big or small?

"SMALL HINGES SWING BIG DOORS."

- ANONYMOUS

MORNING ROUTINE

What's one thing I can do today to feel proud of myself?



EVENING REFLECTION

Did I act in alignment with my values? Where could I improve?

"YOU ARE NOT BEHIND. YOU ARE ON YOUR PATH."

- UNKNOWN

MORNING ROUTINE

What would 'my best self' do today?



EVENING REFLECTION

What surprised me about today?

EVEN IF IT MAKES OTHERS UNCOMFORTABLE, I WILL
LOVE WHO I AM," - JANELLE MONÁE

MORNING ROUTINE

What can I create to look forward to today?



EVENING REFLECTION

How did I take care of myself today?

“EVERYTHING YOU WANT IS ON THE OTHER SIDE OF
CONSISTENCY.” – UNKNOWN

MORNING ROUTINE

How can I show up for myself today?



EVENING REFLECTION

What emotion did I experience the most today? Why?

"I AM LOVING, LOVED, AND LOVABLE" - BALANCED BLACK GIRL.

MORNING ROUTINE

What thought will I choose to lead with today?



EVENING REFLECTION

What do I want to let go of before tomorrow?

"TODAY & EVERYDAY, I CHOOSE ME FIRST" - TERRI L. BAILEY, MA

MORNING ROUTINE

What limiting belief can I challenge today?



EVENING REFLECTION

What lesson did today offer me?

“PROGRESS, NOT PERFECTION.”

– UNKNOWN

Affirmations

Positive words, sentences, and phrases are the best way to boost your self-love, and impact your subconscious-mind to value your self. Read the following affirmations loudly with conviction

I love myself; I love who I am.

I am beautiful inside and out

I'm not concerned with others judgments

I am loved

I deserve good things

I am worthy

I am in control of myself

I forgive myself.

SELF-LOVE LIST

FAVORITE AFFIRMATIONS

COMPLIMENTS TO
MYSELF

I'M PROUD OF

TAKE A DEEP BREATH.

You made it through 7 intentional, soul-honoring days. Whether you wrote a little or a lot, reflected deeply or simply paused for a moment—you showed up. That matters.

Now, take a breath and look back:

What themes showed up most often?

Did anything you wrote surprise you?

How do you feel today compared to Day 1?

Balanced Black Girl says, “I am loving, loved, and lovable.” This was only 7 days of you practicing that truth. Imagine what 30 days of consistent mindset work could bring—more confidence, more clarity, better boundaries, and a deeper sense of self love.

If you’re ready to continue this journey and strengthen how you love yourself, I’d love to work with you. Book your free consultation here:

<https://TerriBaileyCreativehealingandalternativetherapies.as.me/FreeConsult>

Your next chapter is waiting.





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for reading!**

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Looking forward to
continued collaboration
and growth!

