

Beauty In You
45-Day
Self-Love Journal



Dr. Sebrenna Whitlock

Self Love

Daily Journal

Date :

S M T W T F S

I love myself today because

Today I forgive myself for

Empowering affirmation

This week for self-care I will

I will challenge myself to

I will dedicate time to the hobby of

Reflection

But you, God see the trouble of the afflicted; you consider their
grief and take it in hand.
The victims commit themselves to you; you are the helper
of the fatherless.

Psalm 10:14

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Reflection

In Righteousness you will be established: Tyranny will be far from you: you will have nothing to fear. Terror will be far removed; it will not come near you.

Isaiah 54:14

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Reflection

Peace I leave you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled and do not be afraid.

John 14:27

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Reflection

There is no fear in love. But perfect love drives out fear, because fear has to do with punishment. The one who fears is not made perfect in love.

1 John 4:18

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Reflection

Your path led through the sea, your way through
the mighty waters, though your footprints
were not seen.

Psalm 77:19

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Reflection

But we do not belong to those who shrink back and are destroyed, but to those who have faith and are saved.

Hebrews 10:39

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Reflection

God made him who had no sin to be sin for us,
so that in him we might become the
righteousness of God.

2 Corinthians 5:21

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For I know the plans I have for you, declares the Lord, plans for welfare and not for evil, to give you a future and a hope.

Jeremiah 29:11

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Reflection

Be strong and courageous. Do not fear or be in dread of them, for it is the Lord your God who goes with you. He will not leave you or forsake you."

Deuteronomy 31:6

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Reflection

Oh, taste and see that the Lord is good! Blessed is the man who takes refuge in him!

Psalm 34:8

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Reflection

Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand.

Isaiah 41:10

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Reflection

You will keep in perfect peace those whose minds are steadfast, because they trust in you.

Isaiah 26:3

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Reflection

So in Christ Jesus you are all children of God through faith,
for all of you who were baptized into Christ have
clothed yourselves with Christ.

Galatians 3:26-27

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Reflection

I can do all this through him who gives me strength.

Philippians 4:13

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When I am afraid, I put my trust in you.

Psalm 56:3

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May the God of hope fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit.

Romans 15:13

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Reflection

And we know that in all things God works for the good of those who love him, who have been called according to his purpose.

Romans 8:28

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Reflection

A friend loves at all times, and a brother is born
for a time of adversity.

Proverbs 17:17

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Reflection

Cast all your anxiety on him because he cares for you.

1 Peter 5:7

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Reflection

Surely God is my salvation; I will trust and not be afraid.
The LORD, the LORD himself, is my strength and
my defense ;he has become my salvation.

Isaiah 12:2

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Reflection

For I am convinced that neither death nor life, neither angels nor demons,
neither the present nor the future, nor any powers,
neither height nor depth, nor anything else in all creation,
will be able to separate us from the love of God that
is in Christ Jesus our Lord.
Romans 8:38-39

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Reflection

I have told you these things, so that in me you may have peace.
In this world you will have trouble. But take heart! I have overcome the world.

John 16:33

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Reflection

Jesus looked at them and said, "With man this is impossible, but not with God; all things are possible with God."

Mark 10:27

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Reflection

Come to me, all you who are weary and burdened, and
I will give you rest.

Matthew 11:28

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Reflection

Because you have so little faith. Truly I tell you, if you have faith as small as a mustard seed, you can say to this mountain, 'Move from here to there,' and it will move.

Nothing will be impossible for you.

Matthew 17:20

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Reflection

For I am the LORD your God who takes hold of your right hand and says to you, Do not fear; I will help you.

Isaiah 41:13

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Reflection

The name of the LORD is a fortified tower; the righteous run to it and are safe.

Proverbs 18:10

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Reflection

Do not turn me over to the desire of my foes, for false witnesses rise up against me, spouting malicious accusations.

Psalms 27:12

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Reflection

Be strong and take heart, all you who hope in the LORD.

Psalms 31:24

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Reflection

Give thanks to the LORD, for he is good; his love endures forever.

Psalms 107:1

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Reflection

Be kind and compassionate to one another, forgiving each other, just as in Christ God forgave you.

Ephesians 4:32

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Reflection

Now the Lord is the Spirit, and where the Spirit of the Lord is,
there is freedom.

2 Corinthians 3:17

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Reflection

And so we know and rely on the love God has for us.
God is love. Whoever lives in love lives in God,
and God in them.

1 John 4:16

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Reflection

The LORD bless you and keep you;
the LORD make his face shine on you and be gracious to you;
the LORD turn his face toward you and give you peace.

Numbers 6:24-26

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Reflection

May he give you the desire of your heart and make all your plans succeed.

Psalms 20:4

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Reflection

The LORD will keep you from all harm— he will watch over your life; the LORD will watch over your coming and going both now and forevermore.

Psalms 121:7-8

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Reflection

Be joyful in hope, patient in affliction, faithful in prayer.

Romans 12:2

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Reflection

Jesus said to her, "I am the resurrection and the life. The one who believes in me will live, even though they die; and whoever lives by believing in me will never die. Do you believe this?"

John 11:25-26

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Reflection

Praise be to the God and Father of our Lord Jesus Christ, the
Father of compassion and the God of
all comfort,

2 Corinthians 1:3

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Reflection

My comfort in my suffering is this: Your promise preserves my life.

Psalms 119:50

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Reflection

The Lord is near to the brokenhearted and saves the crushed in spirit.

Psalms 34:18

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Reflection

Casting all your anxieties on him, because he cares for you.

1 Peter 5:7

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Reflection

Do not conform to the pattern of this world, but be transformed by the renewing of your mind. Then you will be able to test and approve what God's will is—his good, pleasing and perfect will.

Romans 12:2

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Reflection

I will instruct you and teach you in the way you should go;
I will counsel you with my loving eye on you.

Psalms 32:8

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Reflection

Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God.

Philippians 4:6