

A woman with long, wavy brown hair is shown in profile, looking out of a window. The window has a decorative, arched frame and is filled with soft, out-of-focus light spots (bokeh). The woman is wearing a light-colored, possibly white, dress with intricate floral embroidery in shades of blue, red, and green. The overall mood is serene and contemplative.

Remembering Yourself
**A GENTLE SELF-LOVE
JOURNAL**

Welcome, Beautiful Soul

So many women spend years caring for everyone else that they slowly lose sight of themselves.

This journal is an invitation to remember yourself.

Not who the world expected you to become...

But the woman you've always been beneath everything you've had to carry.

There are no perfect answers here.

No expectations.

Just gentle moments to reconnect with yourself.

Take your time.

Breathe deeply.

Trust whatever comes to your heart.

May these pages become a sacred conversation with the truest part of you.

With love,
Bridget



Gentle REFLECTION

What parts of yourself have always been there?

Sometimes we spend so much time caring for others that we forget the qualities that make us who we are. What are three things about yourself that have remained true throughout your life? How do they continue to guide you today?



♡ Gentle Reminder

There are no right or wrong answers.
Simply notice what comes to your heart.

Keep Writing...



Gentle **REFLECTION**

When was the last time you felt truly proud of yourself?

Take a moment to return to that memory.

What were you doing?

How did you feel?

What qualities did that moment reveal about you?



Keep Writing...



Gentle **REFLECTION**

If you could create a day that truly nourished your soul, what would it look like?

Imagine a day where you feel peaceful, supported,
and completely yourself.

What would you do?

How would you spend your time?

What would this day reveal about what your heart
has been longing for?



Keep Writing...



Gentle **REFLECTION**

What brings you the greatest sense of joy?

Think about the moments when you become so present that you lose track of time.

What are you doing?

How do you feel?

What is it about these moments that fills your heart?

As you reflect, consider one small way you could invite more of that joy into your everyday life.



Keep Writing...



Gentle **REFLECTION**

What challenge has helped shape the person you are today?

Think of a difficult season in your life that you found the strength to move through.

What did that experience teach you about yourself?

How has it helped you grow?

As you reflect, consider how that wisdom can continue to guide you on your journey.



♡ Gentle Reminder

Even your hardest seasons have shaped your wisdom.

Keep Writing...



Gentle **REFLECTION**

What do you love most about yourself?

Take a moment to reflect on the qualities that
make you uniquely you.

What are three things you genuinely appreciate
about your personality?

How do these qualities support you in your
everyday life?

Allow yourself to receive the goodness you already
carry within.



♡ Gentle Reminder

The world needs the gifts only you can bring.

Keep Writing...



Gentle **REFLECTION**

How do you hope to remember yourself?

Take a moment to reflect on the impact you hope to have on the lives of those around you.

What qualities do you hope people will remember about you?

What kind of legacy do you want to leave through the way you love, live, and care for others?

As you reflect, consider one small way you are already living that legacy today.



Keep Writing...



Gentle **REFLECTION**

What old beliefs are you ready to release?

We all carry stories about ourselves that were
shaped by past experiences, fear, or the
expectations of others.

Is there a belief about yourself that no longer feels
true?

What new belief would you like to embrace
instead?

How might your life begin to change as you choose
to believe this new truth?



Keep Writing...



Gentle **REFLECTION**

What do you see when you look at yourself?

Take a quiet moment to reflect on all that makes
you uniquely beautiful.

What are some things you appreciate about your
appearance?

What qualities do you love about the person you
are becoming?

What is one beautiful part of yourself that
deserves more recognition and kindness?



Keep Writing...



Gentle **REFLECTION**

When have you felt truly seen and heard?

Take a moment to remember a time when you felt accepted, understood, and valued for who you are.

What made that experience feel so meaningful?

How did you feel in that moment?

As you reflect, consider how you can create more space in your life for relationships and experiences that leave you feeling truly seen.



♡ Gentle Reminder
You deserve to be seen.

Keep Writing...



Gentle **REFLECTION**

What is holding you back from being your authentic self?

Sometimes fear, self-doubt, or past experiences can keep us from fully expressing who we are.

What fears have been holding you back?

What might become possible if you gently chose courage instead of fear?

What is one small step you could take toward becoming more fully yourself?



♡ Gentle Reminder
Trust yourself a little more today.

Keep Writing...



Gentle **REFLECTION**

Who inspires you most?

Think of someone whose life, character, or way of
being inspires you.

What qualities do you admire most about them?

How do those qualities resonate with your own
heart?

What is one small way you can begin bringing more
of those qualities into your own life?



Keep Writing...



Gentle **REFLECTION**

What would you love to experience?

Take a moment to dream without limitations.
What are three things you've always wanted to try
or experience?

What has kept you from taking that first step?
As you reflect, choose one small, gentle step you
could take to move a little closer to one of those
dreams.



♡ Gentle Reminder
Your dreams still matter.

Keep Writing...



Gentle **REFLECTION**

What does self-love look like for you?

Self-love isn't about being perfect. It's about treating yourself with the same kindness, compassion, and grace you so freely offer others. What does self-love mean to you in this season of your life?

How can you begin showing yourself that love in simple, everyday moments?

What is one small act of self-love you can offer yourself today?



♡ Gentle Reminder
You deserve your own love.

Keep Writing...



Gentle **REFLECTION**

When have you felt most disconnected from yourself?

There are seasons in life when responsibilities, stress, or caring for others can quietly pull us away from who we are.

Can you remember a time when you felt disconnected from yourself?

What was happening in your life during that season?

As you reflect, what helps you feel more like yourself again?



♡ Gentle Reminder
You can always come home to yourself.

Keep Writing...



Gentle **REFLECTION**

What would you say to your younger self?

Take a quiet moment to picture yourself at a
younger age.

What did she need most during that season of her
life?

What words of love, encouragement, or
reassurance would you offer her today?

As you write, allow those same words to become a
gift for the woman you are now.



♡ Gentle Reminder
She would be proud of you.

Keep Writing...



Gentle **REFLECTION**

What dream is waiting for your courage?

Imagine that fear was no longer standing in your way.

What is one dream or desire your heart has been holding?

What has kept you from taking the first step?

What is one small act of courage you can take today to begin moving toward that dream?



♡ Gentle Reminder
Your dreams are worthy of you.

Keep Writing...



Gentle **REFLECTION**

Can you become your own greatest source of encouragement?

Imagine speaking to yourself with the same love and compassion you offer someone you deeply care about.

What would change about your inner dialogue?
What words of encouragement would you begin offering yourself each day?

How might your life feel if you truly believed those words?



Keep Writing...



Gentle **REFLECTION**

What does protecting your peace look like?

Choosing a boundary isn't about choosing yourself over others—it's about caring for yourself with the same love you so freely offer everyone else.

Where do you need a little more space, rest, or balance?

What boundary would honor your heart in this season of life?

How could that one change create more peace in your everyday life?



♡ Gentle Reminder

Protecting your peace is an act of self-love.

Keep Writing...



Gentle **REFLECTION**

What are you most proud of?

Take a moment to celebrate yourself.
What are three accomplishments—big or small—
that bring a smile to your heart?
What did each of these moments teach you about
your strength, resilience, or determination?
As you reflect, allow yourself to fully receive the
woman you have become.



♡ Gentle Reminder
Celebrate how far you've come.

Keep Writing...



Gentle **REFLECTION**

What does living authentically mean to you?

Living authentically isn't about being perfect. It's about honoring your heart, your values, and the person you were created to be.

When do you feel most like your true self?
In what areas of your life do you feel most aligned?
What is one gentle change you could make to live more fully as the woman you are becoming?



♡ Gentle Reminder
Your truest self is enough.

Keep Writing...



Gentle REFLECTION

What would your future self want you to know?

Imagine yourself ten years from now.

She has walked through challenges, celebrated victories, and continued growing into the woman you were always meant to be.

What wisdom would she share with you today?

What would she encourage you to keep doing?

What gentle reminder would she want you to carry with you as you continue your journey?



♡ Gentle Reminder

You are becoming exactly who you're meant to be.

Keep Writing...



A Gentle REMINDER



As you close this journal, remember that
your journey doesn't end here.

Every reflection you've written and every part
of yourself you've **remembered** is a step toward
coming home to yourself.

There will be days when this feels easy...
and days when it doesn't.

Be gentle with yourself through both.

Healing isn't about becoming someone new.
It's about remembering who you've always
been beneath everything you've had to carry.

Trust your **heart**.

Honor your **journey**.

You are **worthy** of love, compassion,
and grace—always.



With love,

Bridget



Continue YOUR JOURNEY

Congratulations on completing this journal.

Every reflection you've written is a reminder that healing doesn't happen all at once.

It unfolds one gentle step at a time.



If you'd like to continue nurturing your heart, I've created additional free and paid resources to support you along the way.

Inside the **Awakening the Heart Library** you'll find:



GENTLE PRACTICES

Simple guided exercises to help you reconnect with yourself.



GUIDED MEDITATIONS

Peaceful audio meditations for healing, grounding, and inner calm.



JOURNALS & WORKSHEETS

More reflective resources to support your personal journey.



GENTLE REMINDERS

Beautiful affirmations and printable cards for everyday encouragement.



AWAKENING THE HEART MEMBERSHIP

A growing collection of exclusive resources, new journals, meditations, and practices created to support your continued healing.

Scan →

the QR code
below to explore
the library.



With love,

Bridget

