

The background of the entire page is a repeating pattern of white line-art flowers and leaves on a light beige background. The flowers are stylized with multiple petals and a central cluster of dots representing the stamens.

*the*  
**SELF-LOVE  
RESET**

SIMPLE JOURNAL PROMPTS  
FOR REAL SELF-ACCEPTANCE

BROUGHT TO YOU BY:

**WIDOW 411**

# WELCOME TO THE SELF-LOVE RESET!

This journal is here to help you come back home to yourself.

Grief has a way of stealing your joy, shaking your confidence to the core, and making you forget your own worth. These pages are an invitation to remember what lights you up after immeasurable loss so you can learn how to love yourself again.


Inside you'll find daily prompts and exercises that guide you through self-discovery, self-acceptance, and self-love.

You'll get a steady journaling routine, a simple guide for quieting negative self-talk, 25 affirmations to keep your spirits lifted, and 30 deep-dive prompts to help you fall in love with yourself all over again.

Why does this matter? Because the relationship you have with yourself sets the tone for everything else: your health, your joy, your connections, and your peace of mind.

When you love yourself, you feel more confident, at peace, and aligned with the life you're creating. That love makes it easier to care for your body, your heart, and your spirit — and that kind of care leads to real happiness and fulfillment.

Take a deep breath. You're not starting over. You're reconnecting.



“You don’t have to love every piece of your story to love yourself inside it.”

– *Kim Murray*

## ABOUT THE AUTHOR



### KIM MURRAY | WIDOW 411

Kim Murray is a grief educator, speaker, and founder of Widow 411. She created her platform after losing her husband to brain cancer in 2014, offering practical, no-fluff resources that help widows feel seen and supported. Her work has been featured in Tiny Buddha, Authority Magazine, and Chicken Soup for the Soul, and she regularly speaks about post-loss identity, emotional healing, and resilience.

*Disclaimer: This journal and its contents are intended for informational and self-help purposes only. It is recommended that you consult with a professional before making any significant changes to your lifestyle or mental health routine. Always seek professional help if you have concerns about your mental or physical well-being.*

# DAILY JOURNALING ROUTINE

ANSWER THESE FIVE QUESTIONS EVERY SINGLE DAY  
THROUGHOUT THE NEXT 30 DAYS:

## 1. What am I proud of myself for today?

*This question can help you focus on your accomplishments and what you've done well, which can boost your self-esteem and confidence.*

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## 2. What are three things that I like about myself?

*Reflecting on your positive qualities can help you appreciate yourself more and see yourself in a more positive light.*

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# DAILY JOURNALING ROUTINE

## 3. What are some self-care activities that I can do today?

*Practicing self-care can help you take better care of yourself, both physically and mentally, which can improve your overall well-being and make you feel better about yourself.*

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## 4. What are some things that I can do today to achieve my goals?

*Setting goals for yourself and taking steps to achieve them can help you feel a sense of purpose and accomplishment, which can be very empowering.*

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# DAILY JOURNALING ROUTINE

## 5. What are some things I am grateful for in my life?

*Reflecting on the things that you are grateful for can help you focus on the positive aspects of your life and appreciate the good things that you have, which can make you feel more content and fulfilled.*

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Be gentle with yourself. Notice the negative thoughts without letting them take over. They're normal, but what really matters is how you choose to respond.

# STOP THE NEGATIVE SELF-TALK

Becoming aware of and busting negative self-talk is an important step in improving your self-esteem and overall well-being. Here is a guide that can help you become more aware of negative self-talk and learn strategies for dealing with it.

1.

Notice your self-talk: The first step is simply awareness. Pay attention to the thoughts running through your mind during the day, especially the ones that feel harsh or critical. Try jotting them down in your journal so you can start to see patterns or triggers that keep showing up.

2.

Question the story: When you catch a negative thought, pause and ask yourself *is this really true, or is it just an assumption?* Look for proof that challenges the thought. Most of the time, you'll see that your inner critic isn't giving you the full story.

3.

Shift the script: Once you've questioned a thought, try swapping it for something more kind and realistic. Instead of saying, "I'm so stupid," remind yourself, "I'm learning and growing every day." Over time, these small shifts build a much more supportive inner voice.

4.

Stay present: Mindfulness is a powerful way to loosen the grip of negative self-talk. By noticing your thoughts without judgment and bringing yourself back to the present moment, you create space. That space helps you see unhelpful thoughts for what they are and choose something better.



5.

Show yourself kindness: Negative self-talk happens to everyone. It doesn't mean you're failing, it just means you're human. When those thoughts show up, meet them with patience instead of criticism. Remind yourself that mistakes are part of learning, and you deserve compassion as you grow.

6.

Reach out for support: Sometimes it helps to process negative self-talk with someone you trust — a therapist, coach, or counselor who can guide you toward healthier ways of thinking. They can help you uncover what might be fueling the self-criticism, whether it's old wounds, insecurities, or unresolved experiences, and give you tools to handle it with more strength and clarity.

Shifting the way you talk to yourself isn't always easy, but it is possible. The more you practice these steps, the more natural kindness and understanding will feel. Change takes time, but with awareness and consistency, you'll find it easier to catch those negative thoughts and choose something better.

HERE ARE SOME EXAMPLES OF HOW TO REPLACE NEGATIVE STATEMENTS ABOUT YOURSELF WITH MORE LOVING STATEMENTS:



"I'm so stupid, I can't do anything right."

"I'll never be happy again"

"I look terrible today."

"People don't understand me."

"I can't do this."

"I'm not strong enough."

"I'm so lazy."

"I'm always going to be alone."

"I'm not smart enough."

"I shouldn't feel this way."



"I am capable and will learn from my mistakes."

"Joy will return in small ways, and it's okay to welcome it when it comes."

"I am beautiful and unique in my own way."

"My experience is valid and real regardless of others' understanding."

"I can do this, and I will give it my best effort."

"I have survived my hardest days. That is proof of my strength."

"Rest is not laziness. It's an essential part of healing."

"I am lovable and will attract positive relationships."

"I am intelligent and capable of learning new things."

"All of my feelings are welcome. Grief isn't something to fix, but something to honor."

# 30 POWERFUL AFFIRMATIONS TO CARRY YOU THROUGH GRIEF AND HEALING

1. I am worthy of love, care, and compassion exactly as I am.
2. I honor my grief while still making space for moments of joy.
3. I am discovering new strength within myself every day.
4. My worth is not defined by what I accomplish but by who I am.
5. I deserve peace, rest, and comfort in this season of life.
6. I trust myself to navigate the changes I am facing.
7. I allow myself to feel every emotion without judgment.
8. I am learning to let go of guilt and give myself grace.
9. My story is still unfolding, and I have the power to shape it.
10. I am proud of how far I've come, even on the hardest days.
11. I choose to surround myself with people and things that nurture me.
12. I am open to receiving help and support when I need it.
13. I release the need to be "strong" all the time and allow myself to simply be.
14. I believe that healing and hope are possible for me.
15. I give myself permission to rest without apology.
16. I am discovering new parts of myself through this journey.
17. I choose to notice small moments of beauty in each day.
18. I welcome love, kindness, and connection into my life.
19. I am resilient, even when I feel fragile.
20. I honor my memories while also creating space for new experiences.
21. I am learning who I am in this new chapter of life.
22. I release comparisons and allow my healing to unfold at its own pace.
23. I can face difficult moments one breath at a time.
24. I am safe to hope, even if my heart feels tender.
25. I am more than my pain, and my life still holds meaning.
26. I give myself permission to grow, change, and dream again.
27. I am capable of creating a future that feels good to me.
28. I trust that I can carry both grief and gratitude together.
29. I choose compassion over criticism when I talk to myself.
30. I am learning to love myself in deeper, kinder ways each day.

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ADDITIONAL DEEP  
JOURNAL PROMPTS TO  
INSPIRE CONFIDENCE  
AND HEALING

What are your core values and how do they align with your current life choices?

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What are your biggest fears and how do they hold you back from loving yourself fully?

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What are some things you appreciate about yourself?

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What are some things you would like to change about yourself and why?

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How have your past experiences shaped the way you view yourself?

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What are some things you are proud of yourself for achieving?

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How do you speak to yourself? Is it kind and supportive or critical and harsh?

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How do you prioritize self-care in your daily routine?

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What are some things you want to accomplish in your life?

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How do you react to failure or rejection?

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What are some things you want to let go of in order to love yourself more fully?

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What are some things that bring you joy and make you feel fulfilled?

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How do you show love and affection to yourself?

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What are some things you need in order to feel secure and loved?

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How do you practice self-compassion?

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What are some things you would like to improve about yourself and how can you achieve that?

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How do you react when you are faced with challenges or difficult situations?

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What are some things you would like to forgive yourself for?

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How do you view yourself in comparison to others?

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What are some things you are grateful for in your life?

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How do you set boundaries with others in order to protect yourself?

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What are some things you would like to learn about yourself?

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How do you want to grow and change as a person in the future?

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How do you celebrate your successes and achievements?

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What are some things you would like to change in your current relationships?

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How do you deal with negative emotions such as anger, sadness, or anxiety?

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How do you want to be remembered by others?

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What are your life goals and how can you work towards them?

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How do you want to be treated by others?

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How do you envision your ideal life and what steps can you take to create it?

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