



*Smile*

LOVE JOURNAL  
KICKSTART

**MANIFESTATION MOMENTS  
FOR YOUR GLOW-UP LIFE**

**KANEEN MORGAN**



# Love Journal Kick Start: Manifestation Moments For Your Glow-up Life

*“Focusing on your self-worth is one of the most effective ways that one is able to manage their mental health. Having high self-esteem to focus on creating the life you deserve, and desire greatly improves your mood, reduces the possibility of depression and anxiety. Therefore, if you haven’t already added journaling to your self-care routine, you need to start now!” – Kaneen Morgan*

Now, it’s time to dig deep and learn more about yourself. Try to find a quiet place so you can spend some time reflecting on the questions. Share your honest thoughts here – there’s no judgement or right answer. You are free to journal, brainstorm and doodle in this space.

**[What is Love Journaling?]**

***Journal Your Thoughts***

1. Have you tried creation meditation? (That is writing your life the way you desire and meditating on the creation of this desired life.) If not, what's holding you back from starting?

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2. What areas of your life would you like to improve through meditation and journaling?

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3. What forms of meditation and journaling appeal to you the most?

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4. What's your one word of intention for the day?

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## [Using Journaling to Ease Stress and Calm Anxiety]

### *Journal Your Thoughts*

1. Sometimes anxiety feels like 100 things swirling round in your head... most of them negative thoughts and self-doubt. Examine your emotions and feelings. Be honest with yourself and write down your current feelings, fears, and insecurities.

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2. What are some things you hear your inner narrator say to you a lot? What and who is causing these emotions and feelings.

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3. Looking at your list, is there any truth to what the narrator is saying? What would your life be like if you changed the narrative (what you tell yourself) and your feeling? *For example: You may feel like you will never get into a loving, happy, and successful relationship because of your past. You can change that feeling and thought and say despite my past hurts in relationships, I have learned the lesson (state them) and I love myself and my new happy relationship that I deserve.*

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**[Common Self-Love Struggles]**

***Journal Your Thoughts***

1. When it comes to self-love, what do you struggle with? What are your beliefs about yourself? Are they really true?

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2. Do you compare yourself to others, wondering why you don't have what they have? Now focus on all your positive traits: What are your strengths? What are the nicest compliments you have received? Focus on these love moments and write them down.

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3. How would it feel to let go of the negative beliefs about yourself? How can you do that?

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4. What brings you peace and fulfillment? How can you add more to your life which enables you to accomplish your goals?

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## **[How Love Journaling Improves Your Life]**

### ***Journal Your Thoughts***

1. Journaling helps strengthen the relationship you have with yourself and God? What do you need to start saying “yes” to improve your wellbeing, your relationship with self and God?

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2. Pure and authentic love begins with forgiveness. What do you need to forgive yourself for?

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3. What are you afraid to ask for? What do you need to speak up about or express?

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**[Make Writing Work for You]**

***Journal Your Thoughts***

1. Journaling is one of the best and fastest ways to connect with your higher self and engage your subconscious mind so you can create the life that you want. Think about what you want. Preferably one thing only, each time you are journaling. Make it very clear by writing in detail about what it is.

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2. Now write down why. Why exactly do you want this thing? What does it mean to you and why? What will you do when you have it and why? How will you feel and Why? Ask and answer as many whys as you can possibly fit in or as many as you feel like.

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3. Next, think of the answers you gave about “How will you feel” and focus on that. How will you feel? Ask in prayer for guidance to show you exactly what it feels like (what you will feel when you get your desires). Answers may come immediately or down the road and you will start feeling those feelings. Stay there for a few seconds, minutes or as long as you can or want. Treasuring those feelings. Write down those good feelings.

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4. **Practice Gratitude.** Take all the time you can to manifest your desired goals and life. Begin practicing thankfulness. Simply begin to write in your diary as if you have already what you want. You have it right here in front of you. Be sure to be extremely convincing, and firm. Write about what you are going to do now that you have it, write about how you feel and about how great it is to have this.

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Now exhale and breathe. You have accomplished a step-in manifestation. Ready for the Next-Level in Manifestation, contact Kaneen Morgan Today, [www.kaneenmorgan.com](http://www.kaneenmorgan.com) or via email at [info@kaneenmorgan.com](mailto:info@kaneenmorgan.com).

Now Take a selfie just as you are. Write a description of your face using loving words of your awesomeness and your newfound being.

