



# Her True Essence

A WOMAN'S JOURNAL OF  
SELF-LOVE

By Deborah Keene



Welcome to a journey of self-discovery and greater love.  
And thank you for downloading this woman's journal!

I'm honored to accompany you on this path towards embracing your true essence,  
finding balance, and nurturing a deep sense of self-love.

Journaling is a practice that can profoundly impact your life.

Within the pages of this women's journal on self-love,  
you'll find a sanctuary for reflection, inspiration, and transformation.

This journal offers questions to inspire insight and clarity  
on how to love yourself for who you are --as you are.

***Self love is the foundation from which all growth blossoms.***

Each prompt and inspirational quote is to support you on your journey towards  
greater self-awareness, self-compassion, and self-empowerment.

Take your time with each page, allowing yourself to dive deep, explore your inner  
landscape, and honor the wisdom that resides within you. Remember, self-love is  
not a destination but a journey of continuous growth, acceptance, and love.

May this journal serve as a guiding light on your path  
as a radiant woman.

With love and gratitude,  
Deborah



*“Be brave enough to take off the masks you wear out there  
and get to know who you are underneath.  
Be vulnerable enough to accept your flaws and know that they  
are what make you human;  
they are what make you real.  
Be confident enough to accept and cherish your strengths.  
Don’t minimize them or hide them.  
They are your beautiful gifts to share with the world.  
Be brave enough to say, you know what, all of this is who I am.  
I make so many mistakes. I can be forgetful, I am messy.  
But I am doing my best with what I’ve got.  
And I am so proud of that. I am so proud of me.  
And I am proud of who I am becoming.”*

*~Nikki Banas*



What are your biggest fears or insecurities, and how do they hold you back from fully embracing self-love? What steps can you take to overcome them?

I am worthy of love,  
respect, and  
abundance.

*A woman's light and radiance will always support her.*





Describe a recent accomplishment or moment of personal growth. How did it make you feel, and what did you learn from the experience?

*I trust in my intuition.*

*Know that YOU have all that you need...within you.  
~Heather Stillufsen*





How do you prioritize self-care in your life? What activities or practices bring you the most joy and rejuvenation?

I am capable of  
overcoming any  
challenge.

*You are a radiant being of light, capable of lighting up even the darkest night.*





Explore a past challenge or setback. How did you overcome it, and what did you learn about yourself in the process?

I am enough,  
just as I am, and I  
deserve happiness.

*“You alone are enough. You have nothing to prove to anybody.”  
~ Maya Angelou*





Write a letter of forgiveness to yourself.  
What aspects of yourself do you need to forgive, and how can you release any guilt or shame associated with them?

I honor my body and  
treat it with  
compassion.

*“When a woman sits with her hands folded in her lap, she will not be weak - problems will diminish.”*







Reflect on a role model or woman who inspires you.  
What qualities do they possess that you admire, and how can you embody  
those qualities in your own life?

I celebrate my  
uniqueness.

*Every woman who develops love and respect for herself as a woman  
helps to change the global system at its very core.*





What is the loudest thing that your inner critic is shouting at you? How does it stop you from taking action? If you were to reframe it as something more empowering, what would it be?

I embrace my own  
journey with grace  
and gratitude.

*“Above all, be the heroine of your life, not the victim.” ~Nora Ephron*





What is the identity that you feel like the world is imposing on you? What are the masks that you wear? Who are you pleasing with those masks?

I deserve success and  
I confidently pursue  
my dreams.

*“When we speak, we are afraid our words will not be heard or welcomed, but when we are silent we are still afraid, so it is better to speak.” ~Audre Lorde*





What are the parts of you that you try to hide from others?  
What are the parts of you that you avoid looking at for yourself?

I choose to create a  
life filled with joy and  
purpose.

*A woman's spiritual path is about having an experience of her  
authentic identity as a sacred woman.*





Visualize your ideal future self. What goals do you have for personal growth, and what steps can you take today to move closer to that vision?

I am a magnet for  
positivity.

*“Woman by her very nature is complete within herself. There is no greater security and satisfaction for a woman than living in the completeness of her own being”.*



Congratulations on completing your journey through this women's journal on self-love!  
I hope you found it to be a valuable companion on your path.

To find true healing and inner peace the first and most important step is to accept where you are, practice compassion, and infuse yourself with the knowing that you are worthy.

If you are weighed down by anxiety, insecurity, and/or have a hard time making decisions you are most likely lacking in self love.

When you truly love yourself you will:

- Feel good about who you are
- Have the clarity and confidence to make tough decisions
- Feel and look happy and healthy

Hi! I'm Deborah! I am a yoga teacher, Ayurvedic practitioner, and mentor specializing in women's empowerment,

My mission is to empower YOU to fall in love with yourself and take back control of your life.

If you are ready to heal your mindset and step fully into your power, I have created a program just for you!

**Radiant Woman 1:1 Mentoring Program**  
***A 120-Day Soul Journey to Reclaim your Strength, Confidence, and Innate Wisdom***

This program is my heart and soul and a testament to my life's work.

If you would like to be guided by a seasoned elder with a gutsy cowgirl spirit, who has devoted over 50 years to this path and who has used struggles and pain as a catalyst for healing and transformation, ***please reach out.***

Let's set up a FREE discovery call to explore how working with me could elevate you and your life to the next level.

Call today: 207-589-4254

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Learn more and schedule your call at [ayurvedayogacenter.com/coaching](http://ayurvedayogacenter.com/coaching)

With love,  
Deborah

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