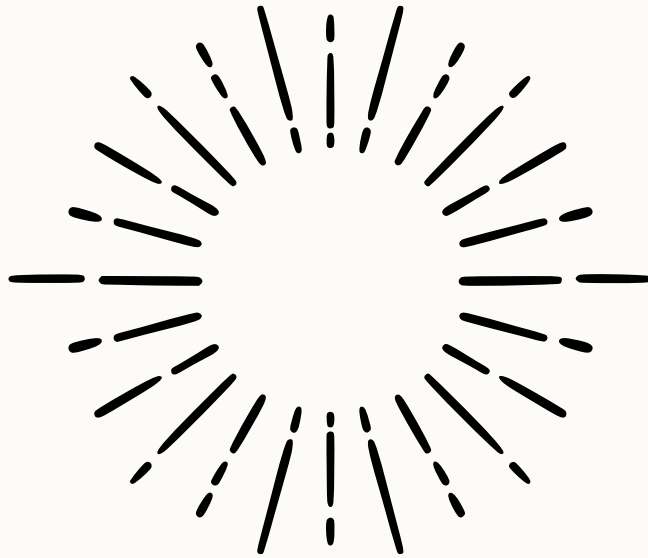


*the*  
JOURNAL  
OF GRACE



*a journal from*

KATRICE MAYO  
REAL NUTRITION, LLC

# WELCOME TO THE JOURNAL OF GRACE!

This journal is designed to help you reconnect with yourself, rediscover your passions, and learn to give yourself continual grace. Through daily prompts and exercises, you will be guided on a journey of self-discovery, self-acceptance, and self-compassion.

It provides a daily journaling routine, a guide on overcoming negative self-talk, 30 powerful affirmations, and 30 additional deep journal prompts to give yourself continual grace.

It is important to give your grace and fall in love with yourself is because it lays the foundation for healthy relationships and overall well-being.

When you give yourself grace and accept yourself, you are more likely to have positive relationships with others, and to make choices that align with your values and goals.

Additionally, self-grace can lead to viewing failure as an opportunity for growth, greater self-esteem, improved mental health, and a more satisfying life.

When you are full of grace, you are more likely to care for your physical, emotional, and spiritual needs without being consumed about the past or anxieties about the future because you can enjoy the present moment which can lead to increased joy and fulfillment.

Enjoy this journey of grace with yourself.

Let's get started!

# DAILY JOURNALING ROUTINE

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

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# DAILY JOURNALING ROUTINE

## DAY 1



1. Explore the idea of inner beauty and grace.

*How does your inner beauty shine through in your thoughts, actions, and interactions with others?*

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2. Think about the concept of self-favor and self-grace. What practices can you implement to cultivate a mindset of self-love and self-compassion, allowing yourself to embrace your own worth and value?

*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. Think about a role model or someone you admire for their grace and elegance.

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*How can you incorporate this practice into your regular routine?*

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# DAILY JOURNALING ROUTINE

5. Consider the balance between giving and receiving in your relationships.

*Are you giving too much and neglecting your own needs, or are you receiving without reciprocating?  
How can you strike a healthier balance?*

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## TODAY'S AFFIRMATION

*I am worthy of love  
and acceptance.*

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# DAILY JOURNALING ROUTINE

## DAY 2



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## TODAY'S AFFIRMATION

*I am capable of  
achieving my goals*

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# DAILY JOURNALING ROUTINE

## DAY 3



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## TODAY'S AFFIRMATION

*I trust and respect  
myself*

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# DAILY JOURNALING ROUTINE

## DAY 4

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## TODAY'S AFFIRMATION

*I am proud of who I  
am.*

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# DAILY JOURNALING ROUTINE

## DAY 5



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## TODAY'S AFFIRMATION

*I am deserving of  
happiness.*

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# DAILY JOURNALING ROUTINE

## DAY 6



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## TODAY'S AFFIRMATION

*I choose to focus on  
the positive in my life.*

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# DAILY JOURNALING ROUTINE

## DAY 7



1. Explore the idea of inner beauty and grace.

*How does your inner beauty shine through in your thoughts, actions, and interactions with others?*

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2. Think about the concept of self-favor and self-grace. What practices can you implement to cultivate a mindset of self-love and self-compassion, allowing yourself to embrace your own worth and value? What are three things that I like about myself?

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## TODAY'S AFFIRMATION

*I am strong and resilient.*

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# DAILY JOURNALING ROUTINE

## DAY 8



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## TODAY'S AFFIRMATION

*I am grateful for my  
unique qualities and  
talents.*

# DAILY JOURNALING ROUTINE

## DAY 9



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*How does your inner beauty shine through in your thoughts, actions, and interactions with others?*

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## TODAY'S AFFIRMATION

*I am in control of my  
own happiness.*

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# DAILY JOURNALING ROUTINE

## DAY 10

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How can you strike a healthier balance?*

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## TODAY'S AFFIRMATION

*I am constantly  
growing and improving.*

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# DAILY JOURNALING ROUTINE

## DAY 11



1. Explore the idea of inner beauty and grace.

*How does your inner beauty shine through in your thoughts, actions, and interactions with others?*

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## TODAY'S AFFIRMATION

*I am surrounded by  
love and support.*

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# DAILY JOURNALING ROUTINE

## DAY 12

1. Explore the idea of inner beauty and grace.

*How does your inner beauty shine through in your thoughts, actions, and interactions with others?*

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## TODAY'S AFFIRMATION

*I trust the journey of  
my life..*

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# DAILY JOURNALING ROUTINE

## DAY 13



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## TODAY'S AFFIRMATION

*I am worthy of a  
fulfilling life.*

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# DAILY JOURNALING ROUTINE

## DAY 14

1. Explore the idea of inner beauty and grace.

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## TODAY'S AFFIRMATION

*I release negative thoughts and emotions.*

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# DAILY JOURNALING ROUTINE

## DAY 15



1. Explore the idea of inner beauty and grace.

*How does your inner beauty shine through in your thoughts, actions, and interactions with others?*

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## TODAY'S AFFIRMATION

*I choose to see the  
beauty in myself and  
others.*

# DAILY JOURNALING ROUTINE

## DAY 16



1. Explore the idea of inner beauty and grace.

*How does your inner beauty shine through in your thoughts, actions, and interactions with others?*

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## TODAY'S AFFIRMATION

*I am open to learning  
and self-discovery.*

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# DAILY JOURNALING ROUTINE

## DAY 17

1. Explore the idea of inner beauty and grace.

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# DAILY JOURNALING ROUTINE

5. Consider the balance between giving and receiving in your relationships.

*Are you giving too much and neglecting your own needs, or are you receiving without reciprocating?  
How can you strike a healthier balance?*

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## TODAY'S AFFIRMATION

*I am grateful for my imperfections as they make me unique.*

# DAILY JOURNALING ROUTINE

## DAY 18



1. Explore the idea of inner beauty and grace.

*How does your inner beauty shine through in your thoughts, actions, and interactions with others?*

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2. Think about the concept of self-favor and self-grace. What practices can you implement to cultivate a mindset of self-love and self-compassion, allowing yourself to embrace your own worth and value?

*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. Think about a role model or someone you admire for their grace and elegance

*What qualities or habits do they possess that you'd like to incorporate into your own life?*

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# DAILY JOURNALING ROUTINE

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## TODAY'S AFFIRMATION

*I am deserving of  
healthy and loving  
relationships.*

# DAILY JOURNALING ROUTINE

## DAY 19



1. Explore the idea of inner beauty and grace.

*How does your inner beauty shine through in your thoughts, actions, and interactions with others?*

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## TODAY'S AFFIRMATION

*I am confident in my  
decisions.*

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# DAILY JOURNALING ROUTINE

## DAY 20

1. Explore the idea of inner beauty and grace.

*How does your inner beauty shine through in your thoughts, actions, and interactions with others?*

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## TODAY'S AFFIRMATION

*I am proud of my  
accomplishments.*



# DAILY JOURNALING ROUTINE

## DAY 21



1. Explore the idea of inner beauty and grace.

*How does your inner beauty shine through in your thoughts, actions, and interactions with others?*

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## TODAY'S AFFIRMATION

*I am strong enough to  
overcome any challenge.*

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# DAILY JOURNALING ROUTINE

## DAY 22



1. Explore the idea of inner beauty and grace.

*How does your inner beauty shine through in your thoughts, actions, and interactions with others?*

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# DAILY JOURNALING ROUTINE

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# DAILY JOURNALING ROUTINE

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## TODAY'S AFFIRMATION

*I am grateful for my  
life experiences.*

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# DAILY JOURNALING ROUTINE

## DAY 23



1. Explore the idea of inner beauty and grace.

*How does your inner beauty shine through in your thoughts, actions, and interactions with others?*

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3. Think about a role model or someone you admire for their grace and elegance

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# DAILY JOURNALING ROUTINE

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How can you strike a healthier balance?*

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## TODAY'S AFFIRMATION

*I choose to focus on  
self-care and self-love.*

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# DAILY JOURNALING ROUTINE

## DAY 24



### 1. Explore the idea of inner beauty and grace.

*How does your inner beauty shine through in your thoughts, actions, and interactions with others?*

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## TODAY'S AFFIRMATION

*I am proud of the  
person I am becoming.*

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# DAILY JOURNALING ROUTINE

## DAY 25



1. Explore the idea of inner beauty and grace.

*How does your inner beauty shine through in your thoughts, actions, and interactions with others?*

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## TODAY'S AFFIRMATION

*I am in control of  
my own thoughts and  
emotions.*

# DAILY JOURNALING ROUTINE

## DAY 26



1. Explore the idea of inner beauty and grace.

*How does your inner beauty shine through in your thoughts, actions, and interactions with others?*

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## TODAY'S AFFIRMATION

*I am grateful for my  
ability to love and be  
loved.*

# DAILY JOURNALING ROUTINE

## DAY 27

1. Explore the idea of inner beauty and grace.

*How does your inner beauty shine through in your thoughts, actions, and interactions with others?*

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## TODAY'S AFFIRMATION

*I trust the process of  
my life.*

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# DAILY JOURNALING ROUTINE

## DAY 28



1. Explore the idea of inner beauty and grace.

*How does your inner beauty shine through in your thoughts, actions, and interactions with others?*

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# DAILY JOURNALING ROUTINE

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How can you strike a healthier balance?*

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## TODAY'S AFFIRMATION

*I am deserving of I  
am worthy of success  
and abundance*

# DAILY JOURNALING ROUTINE

## DAY 29



1. Explore the idea of inner beauty and grace.

*How does your inner beauty shine through in your thoughts, actions, and interactions with others?*

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## TODAY'S AFFIRMATION

*I choose to let go of  
negative self-talk.*

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# DAILY JOURNALING ROUTINE

## DAY 30

1. Explore the idea of inner beauty and grace.

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## TODAY'S AFFIRMATION

*I am capable of  
creating the life I want.*

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# 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.

BECOME AWARE OF YOUR NEGATIVE SELF-TALK: THE FIRST STEP IN DEALING WITH NEGATIVE SELF-TALK IS TO BECOME AWARE OF WHEN YOU'RE DOING IT. START PAYING ATTENTION TO THE THOUGHTS THAT GO THROUGH YOUR MIND THROUGHOUT THE DAY, AND NOTE WHEN THEY'RE NEGATIVE OR CRITICAL. YOU CAN ALSO KEEP A JOURNAL AND WRITE DOWN THE NEGATIVE THOUGHTS THAT COME UP. THIS WAY, YOU CAN REFLECT ON THE PATTERNS AND ACTIVATIONS OF THOSE THOUGHTS.

2.

CHALLENGE THE NEGATIVE THOUGHTS: ONCE YOU'VE BECOME AWARE OF YOUR NEGATIVE SELF-TALK, YOU CAN START CHALLENGING IT. ASK YOURSELF IF THE THOUGHTS ARE BASED ON FACTS OR JUST ASSUMPTIONS. LOOK FOR EVIDENCE THAT CONTRADICTS THE NEGATIVE THOUGHT, AND QUESTION THE ASSUMPTIONS THAT THE THOUGHT IS BASED ON.

3.

REPLACE NEGATIVE THOUGHTS WITH POSITIVE ONES: WHEN YOU'VE CHALLENGED AND QUESTIONED YOUR NEGATIVE SELF-TALK, IT'S IMPORTANT TO REPLACE IT WITH POSITIVE THOUGHTS. THINK OF ALTERNATIVE THOUGHTS THAT ARE MORE REALISTIC AND POSITIVE. FOR EXAMPLE, INSTEAD OF "I'M SO STUPID," YOU CAN TELL YOURSELF, "I AM CAPABLE OF LEARNING AND GROWING."

4.

PRACTICE MINDFULNESS: MINDFULNESS CAN BE A USEFUL TOOL FOR DEALING WITH NEGATIVE SELF-TALK. BY FOCUSING ON THE PRESENT MOMENT AND BEING NON-JUDGMENTAL, YOU CAN OBSERVE YOUR THOUGHTS WITHOUT GETTING CAUGHT UP IN THEM. THIS CAN HELP YOU GAIN A SENSE OF DISTANCE AND PERSPECTIVE ON YOUR NEGATIVE SELF-TALK, MAKING IT EASIER TO CHALLENGE AND REPLACE IT.



5.

BE KIND TO YOURSELF: REMEMBER TO BE KIND AND COMPASSIONATE TO YOURSELF. NEGATIVE SELF-TALK IS A COMMON HUMAN EXPERIENCE, AND EVERYONE HAS MOMENTS OF SELF-DOUBT OR NEGATIVE THOUGHTS. BE PATIENT WITH YOURSELF AND REMIND YOURSELF THAT IT'S OKAY TO MAKE MISTAKES AND THAT YOU ARE LEARNING.

6.

SEEK SUPPORT: SOMETIMES, IT CAN BE HELPFUL TO TALK TO A THERAPIST, COACH, COUNSELOR OR MINISTER WHO CAN HELP YOU WORK THROUGH YOUR NEGATIVE SELF-TALK AND DEVELOP NEW WAYS OF THINKING. THEY CAN ALSO HELP YOU IDENTIFY UNDERLYING CAUSES OF NEGATIVE SELF-TALK, SUCH AS PAST TRAUMAS OR INSECURITIES, AND HELP YOU DEVELOP COPING MECHANISMS TO MANAGE THEM.

BREAKING THE CYCLE OF NEGATIVE SELF-TALK CAN BE CHALLENGING, BUT WITH PRACTICE, IT IS POSSIBLE TO CHANGE THE WAY WE THINK ABOUT OURSELVES AND BE MORE KIND AND UNDERSTANDING TO OURSELVES. REMEMBER THAT IT'S A PROCESS, IT MAY TAKE TIME BUT AS YOU PRACTICE THESE STEPS AND AS YOU BECOME MORE AWARE OF YOUR NEGATIVE SELF-TALK, IT WILL BECOME EASIER TO IDENTIFY AND CHANGE THE NEGATIVE THOUGHTS.

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'm never going to be successful."

"I look terrible today."

"I'm a failure."

"I can't do this."

"I'm not good enough."

"I'm so lazy."

"I'm always going to be alone."

"I'm not smart enough."

"I can't believe I made that mistake."



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

"I am determined and will work towards achieving my goals."

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

"I am successful in my own way, and I will learn from my failures."

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

"I am good enough, and I am worthy of love and acceptance."

"I am capable and will work towards becoming more productive."

"I am lovable and will attract positive relationships."

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

"I made a mistake, and it's okay. I will learn from it and improve."

# 9

ADDITIONAL DEEP  
JOURNAL PROMPTS  
TO SHOW YOURSELF  
GRACE (AGAIN)



## 9 ADDITIONAL DEEP JOURNAL PROMPTS TO GIVE YOURSELF GRACE (AGAIN)

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

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Think about your physical health and well-being. How can you find balance in your diet, exercise, and rest to ensure your body and mind are in harmony, allowing you to move through life with greater grace?

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What are some things you appreciate about yourself?

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## 9 ADDITIONAL DEEP JOURNAL PROMPTS TO GIVE YOURSELF GRACE (AGAIN)

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

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Describe a situation where you were kind and forgiving toward yourself despite making a mistake. How can you extend more grace and self-compassion to yourself in challenging times?

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

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## 9 ADDITIONAL DEEP JOURNAL PROMPTS TO FALL IN LOVE WITH YOURSELF (AGAIN)

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

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Consider a time when you helped someone else feel more graceful or elegant. How did it make you feel, and how can you continue to uplift others in this way?

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

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