



Let Love In:

A 30-Day Guide to Loving Yourself

by Venessa Marie Perry

lw love(w)rite

My journey to self-love.

“Looking for love in all the wrong places. Looking for love in too many faces. Searching their eyes looking for traces of what I’m dreaming of.” -Johnny Wynn

When I was a teenager, I used to listen to the resident slow jam DJ nightly. R&B was big in the '70s and '80s and I dreamt of the love that I heard about on the radio. Music was part of my lifeline. The more mushy the love song, the more I loved it. Between that and books, I became a full-blown romantic who believed that love could conquer all. It took me the better part of twenties to actually find the love that I was seeking. And it wasn't in books, movies, music, or men. In the midst of a desperate situation, I found it on my knees in the middle of my basement floor.

“...Because greater is He, that is in you than He that is in the world.” -1 John 4:4

On the outside it looked like I had everything, but it didn't fill the deep longing in my spirit. I didn't love myself enough to not be abused, mistreated and disrespected. It was through my connection with God, that I found true love. The one that would love me when I was at my most unlovable and no one else loved me.

Without self-love we're empty. We often look outside of ourselves to fill that emptiness, only to realize that nothing and no one can love us like we can. It took me falling into a fetal position of prayer with my knees pushed into my chest on the lowest level of my Washington, DC home to finally understand that I couldn't love someone else until I first loved myself.

The same applies to you - you have to fill your cup up first to allow the right kind of love to enter in. If you're experienced the wrong kind of love while on a quest to fill some emptiness inside, this 30-day journey to self-love is for you.

Together, we'll discover the love that's deep inside of you through daily devotionals, all aimed at helping you create the healthy behaviors, habits and dedication necessary to cultivate the most important love you'll ever experience - love for self.

Let's begin to let love in.

Let Love In!

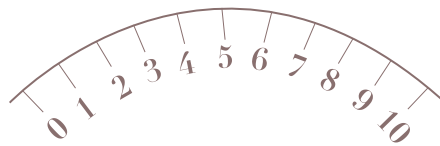
Let's begin your journey. #LetLoveIn

Think of this as your own love journey to self-discovery, an exploration of truth, and an affirmation of the love that you deserve from the manifestation of God's love within you.

Name _____

Date _____

Self- love barometer (circle one):



At the end of this journey I want to feel _____

How do you feel about beginning your journey of self-love?

(continued on next page)

“We are the average of the five people
we spend the most time with.”
- Jim Rohn

Who are you?

I am

Who loves you?

Who do you love?

I am destined for

I live for

All I want is

This much is true...

“I am not beautiful like you,
I am beautiful like me.”

-Unknown

These five attributes make me attractive, inside and out.

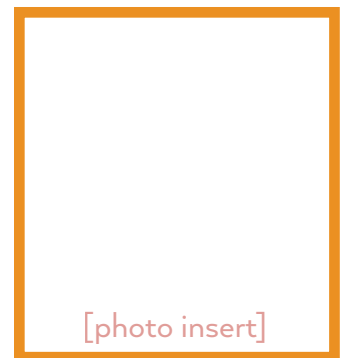
1. _____

2. _____

3. _____

4. _____

5. _____



“I’m not perfect, but I’m worth it.”

- Unknown

What do you believe makes you unattractive inside and out?

1. _____

2. _____

3. _____

4. _____

5. _____

“... I am fearfully and wonderfully made.”

-Psalm 139:14

I was perfectly crafted and made with _____

to _____

“Take care how you speak to yourself,
because you are listening.”

- Lisa M Hayes

Daily Affirmations

1. _____

2. _____

3. _____

4. _____

5. _____

You get what you give.

Today I give myself permission to _____

so that I can _____

Let me count the ways.

Five reasons I love me more than I did before.

1. _____

2. _____

3. _____

4. _____

5. _____

Your self-love covenant.

I promise I will love myself before I love anyone else. I am responsible for my own happiness. I will surround myself with people who are positive and pour into my life. I will let go of the past because it does not define me. Every day is a new day. I speak words of love and encouragement over my life because I have the power. I am a child of the Most High God and I am loved.

All My Love,

(Your Name)



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