

JOYFULLY EVER AFTER MAD LIBS SELF-LOVE LETTER

HOW TO USE: FILL IN ONE A
DAY FOR A MONTH, OR FILL
THEM ALL IN AT ONCE!

1. My most positive quality (*adj. see last page*)
2. Another positive quality (*adj.*)
3. One way you take care of yourself (*verb ending. in -ing ex: watching Oprah*)
4. Describe your work ethic in one word (*adj.*)
5. Your place of employment (*proper noun*)
6. Name of best friend (*proper noun*)
7. Your favorite drink (*noun*)
8. Do you like Fiction or Non-Fiction Books? (*circle one*)
9. Your favorite show/movie right now (*proper noun*)
10. Your favorite cuddles (*noun, clothing*)
11. How do you make decisions? *Circle one Head/Heart/Gut*
12. Name a personality trait you have challenges with (*adj. EX:angry/ spicy/ controlling/down on myself/perfectionistic/dishonest/guilty*)
13. Favorite thinking spot or safe space (*noun*)
14. Name two strengths you have (*adjectives. Need help? ask a friend/see back page*)
15. How do you console yourself?
16. What is your favorite comfort food?

Share your answers with my
community daily in
December 2021 in the
Facebook Group
@ MyJoyfullyEverAfter



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WARNING! COMMON SIDE
EFFECTS: HAVING FUN +
FEELING GREAT ABOUT
YOURSELF.

17. Who's your favorite partner in crime?
(yo'self/pet/bestie/kid/partner... noun or proper noun)
18. A place that restores your spirit(noun or proper noun)
19. What's your favorite mindfulness tool? (noun examples: meditation/
journaling/ walking/ worksheets/ exercise/ therapy/ coaching)
20. Are you Spontaneous or Prepared?
21. Introverted or Extroverted?
22. Are you a Homebody or Wanderer?
23. Do you like to Lead or Go with the flow?
24. What's your personal style (adj. ex: comfy, hipster, preppy, rock
star, athletic, classic, modern, feminine, romantic, granola-mom...)
25. Describe your sense of humor (adj.)
26. What do you like creating? (noun)
27. Describe one quick way to feel good about yourself (single noun ex:
affirmation, hug, phone call, text, walk, journal page, workout)
28. What's one thing you are grateful for today?
29. How do you reward yourself? (noun ex: happy dance, buy myself
_____, sharing good news with a friend)
30. What's one thing you love doing on vacation? (verb ending in -ing)
31. Pick one adjective you want to describe your 2022?

**TO DO: When you are done, go LIVE or
TYPE IN your love letter @
[Facebook.com/groups/MyJoyfullyEverAfter](https://www.facebook.com/groups/MyJoyfullyEverAfter)**

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A LOVE LETTER TO ME

FROM THE

(Answer to 1)

(Your Full Name)

Dear Beautiful Soul,

I love you! I love that you are _____ & you take care of yourself by _____
 _____⁽²⁾. I am so proud of your _____
 at home and at _____⁽³⁾ ! I have so much fun with you⁽⁴⁾ when
 you're hanging with _____⁽⁵⁾ over some _____ :)
 I feel so loved when you grab⁽⁶⁾ _____⁽⁷⁾ book or watch
 _____ and cuddle in _____⁽⁸⁾ . I know you try your best,
 _____⁽⁹⁾ _____⁽¹⁰⁾ especially when you listen to your _____⁽¹¹⁾ . And when the sh*t hits
 the fan, or maybe you've been a little _____⁽¹²⁾ , **I forgive you.** I know
 you are trying your best, so give yourself some grace! With a little time at _____
 _____ , I know you'll tap into your _____ and
 _____⁽¹³⁾ _____⁽¹⁴⁾ in no time!

Now, sometimes you're going to be beyond sad, sad-mad, or mad. In those
 times, please remember to let go of what everyone wants you to do or say,
 and listen to yourself first. Love your messy + miraculous human self! And
 don't forget that sometimes _____ or _____ help.

_____⁽¹⁵⁾ _____⁽¹⁶⁾ It's true. We may not connect all the time due to busyness, depression,
 anxiety, fear, guilt, or feelings of not-being-good-enough. For these times, I
 have a special message for you. Those feelings are signs that you might need
 to dig in and give yourself some time. Time to grab your _____ and head
 to _____⁽¹⁷⁾ . Or it could be time for some _____ and to give
 yourself⁽¹⁸⁾ even more grace. Why? **Because you are a worthy, brilliant soul.**⁽¹⁹⁾

I AM LOVABLE, LOVING, AND LOVED

And, you deserve Joy :D And (duh!) there's **ONE** and only **ONE** of
you, my _____ and _____. Who
else is like that and can _____? Nobody! Who else
has a signature _____ style and _____ sense of humor and is
loves to _____? Nobody! Remember, feeling your worth can
simply be a _____ away. So, do a daily soak of gratitude for all the
good you do, like today you're grateful for _____. And
make a daily practice of rewarding all the good you are and you do, like
with _____!

And if you just want to get away and do some _____,
listen to that voice. It's me letting you know that, you, my brilliant love,
deserve Joy in all places at all times.

So, Happy Holidays, love of my life! Sending you my heart and soul's
wishes for a Joyous and _____ Year!

With grace, gratitude and love, always,

(sign here)

PS I love you!



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**Fill the star in with your favorite positive quality
and your name like "The Brave Barbara Smith"
Next, color it in, cut it out, and hang it up as a
reminder of how amazing you are!**



EXAMPLES OF POSITIVE ATTRIBUTES

TO REMEMBER:
YOU ARE AWESOME!

Accepting	Faithful	Lighthearted
Adventurous	Flexible	Loving
Animal-Loving	Fun/Funny	Loyal
Artistic	Forgiving	Open-minded
Assertive	Generous	Optimistic
Authentic	Gentle	Orderly
Badass	Genuine	Patient
Brave	Goofy	Peaceful
Calm	Happy	Playful
Caring	Helpful	Punny
Compassionate	Hilarious	Quick-learning
Courageous	Honest	Resilient
Creative	Hopeful	Responsible
Curious	Humble	Righteous
Daring	Imaginative	Strong
Determined	Independent	Superhuman
Easygoing	Indestructable	Superman
Empathetic	Indistractable	Superwoman
Encouraging	Joyful	Thoughtful
Enthusiastic	Just	Weird
Equitable	Kind	Wise
Fair	Always-Learning	Witty

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