



# Protecting My Peace

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When someone throws shade, what do I usually tell myself about it?

What would it feel like to remind myself, "That's their pain, not my problem"?

Who in my life makes me feel small?

What boundary can I set to protect my energy while still honoring myself?

Who are three women who celebrate me?

How can I spend more time in spaces that reflect my light back at me?

When I start to blame myself, what affirmations can I repeat to remember: "I am not too much. I am enough."

What's one way I can celebrate myself this week, even if no one else does?



## How to Use Your Love Letter Page

This page is your space to write a heartfelt love letter to yourself, to your future self, to your inner child, or even to the women in your life who deserve their flowers. It's not about perfect words; it's about honest words. Let it flow.

Use the prompts as gentle guides:

### **My Dearest \_\_\_\_\_**

Begin with who this letter is for. It could be "My Dearest Me," "My Dearest Sister," "My Dearest Future Self," or anyone your heart is calling.

### **The Joy You Bring**

Write about the light, the laughter, the hope, or the strength this person (or yourself) brings into your life. Name the ways you feel seen, loved, or worthy.

### **My Promise to You**

Here, make a vow. It can be as simple as, "I promise to rest more," or "I promise to cheer you on." Think of it as planting seeds for growth and protection.

### **Forever Yours**

Close your letter with love and commitment. Seal it with your name, your heart, or even a little doodle that marks this moment as sacred.

**This love letter is a gift you get to return to whenever you forget your worth, or whenever you need to remember the love you've promised yourself.**

My Dearest \_\_\_\_\_

*The Joy You Bring*

*My Promise to You*

*Forever Yours*





# SELF-LOVE

## *Schedule*



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

NOTES

PRIORITIES





# SELF-LOVE

## *Schedule*



MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

NOTES

PRIORITIES



# To do List

# To do List

# To do List