



Inside Job Journal

Unearthing Love, Value and
Worth from Within

TABLE OF CONTENTS

Mindset Check-In	4-5
Self-Love Reflection	6
Ethos of Self-Love	7
"Phenomenal Woman"	8
Notes	9-12
Gratitude Log	13-15





Watch over your heart
with all diligence, for from
it **flow** the springs of life.

- Amplified

PROVERBS 4:23

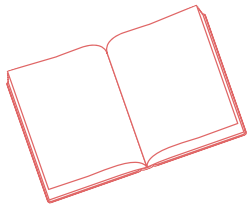
MINDSET CHECK-IN



What's the best thing about being you?

[illegible]

MINDSET CHECK-IN



What's the title of your current chapter in life? Why?

SELF-LOVE

What does self-love mean to you? Why?

[illegible]

ETHOS OF SELF-LOVE

Self-Love at its core is the ability to RECEIVE



RECEIVING God's love for you, that you don't have to earn or work for. It's a gift.



GROWING in His love with your relationship with Him.



FLOWING in His love with your relationship with yourself.



GIVING of His love in your relationship with others and the world around you.

PHENOMENAL WOMAN

by Dr. Maya Angelou

Pretty women wonder where my secret lies.
I'm not cute or built to suit a fashion model's size
But when I start to tell them,
They think I'm telling lies.

I say,
It's in the reach of my arms,
The span of my hips,
The stride of my step,
The curl of my lips.
I'm a woman
Phenomenally.
Phenomenal woman,
That's me.

I walk into a room
Just as cool as you please,
And to a man,
The fellows stand or
Fall down on their knees.
Then they swarm around me,
A hive of honey bees.

I say,
It's the fire in my eyes,
And the flash of my teeth,
The swing in my waist,
And the joy in my feet.
I'm a woman
Phenomenally.

Phenomenal woman,
That's me.

Men themselves have wondered
What they see in me.
They try so much
But they can't touch
My inner mystery.
When I try to show them,
They say they still can't see.

I say,
It's in the arch of my back,
The sun of my smile,
The ride of my breasts,
The grace of my style.
I'm a woman
Phenomenally.
Phenomenal woman,
That's me.

Now you understand
Just why my head's not bowed.
I don't shout or jump about
Or have to talk real loud.

When you see me passing,
It ought to make you proud.

I say,
It's in the click of my heels,
The bend of my hair,
the palm of my hand,
The need for my care.
'Cause I'm a woman
Phenomenally.
Phenomenal woman,
That's me.

NOTES

This image shows a blank sheet of white paper with horizontal ruling lines. The lines are evenly spaced and extend across the width of the page. There are no margins, text, or other markings on the paper.

[illegible]



[illegible]

GRATITUDE LOG

People + Places + Things I am grateful for:







GRATITUDE LOG

People + Places + Things I am grateful for:







GRATITUDE LOG

People + Places + Things I am grateful for:









Stand up straight and
realize who you are, that
you tower over your
circumstances.

DR. MAYA ANGELOU



Thank You

I'd love to hear from you at:
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