

# To Be *Loved*

A 7 day guided experience to  
support your journey toward a  
*loving-wellness.*

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# Before You Get Started

**To receive the most out of your TBL experience...**

1. Ensure your device has Adobe Acrobat, Goodnotes, or another compatible pdf editor application.
2. Download your new e-journal via desktop, laptop, tablet, or mobile device using your preferred pdf app.
3. Once downloaded and saved, answer daily prompts via editor mode (if applicable).



*and have fun!*

**P.S. - Save your progress! You may also  
direct technical inquiries to  
[koreebadio@gmail.com](mailto:koreebadio@gmail.com)**

This journal belongs to:

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*For my mothers and my sisters. We are  
blessed immensely with the power of love.*

*2 Timothy 1:7*







# Welcome to Love.

TBL serves as a passionate and sacred guide to discovering a *loving-wellness*. I believe true healing begins with an acceptance that we are worthy of love, we are open to love, and we are capable of loving.

By moving forward in love, we make space in our hearts for honesty, authenticity, connection, and compassion.

Let us remain radically open to living in love.













# Today's Affirmation<sup>5</sup>

(repeat the affirmation to yourself four (4) times with your hand on your heart)

*I am attentive and conscientious of others. I seek to actively listen to my loved ones.*



# Daily Journal

day one

Date:

Active listening requires listening with all senses. When we actively listen, we not only hear with our ears but we attend to the speaker with our hearts. We practice patience, non-judgment, and we seek to understand before responding.

Give yourself an honest, **non-judgemental** evaluation of your active listening skills. What are your strengths? Where would you like to grow?

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# Today's Affirmation<sup>9</sup>

(repeat the affirmation to yourself four (4) times with your hand on your heart)

*I am truthful with  
myself and others.*

*I permit myself to  
honor my love  
ethic with radical  
honesty.*



# Daily Journal

day two

Date:

"Sharing honestly what you notice frees you from the suffering caused by attachment to lying, withholding, phoniness, and ideals- which in turn deepens *love, connection, understanding* and *forgiveness*" - Brad Blanton Ph.D.

Have you withheld any thoughts, feelings, or observations from someone recently (including yourself)? If so, write out everything you'd wish to say to them. How does it feel to live in your truth?

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# Today's Affirmation<sup>13</sup>

(repeat the affirmation to yourself four (4) times with your hand on your heart)

My mind, body, and soul are open to receiving God's infinite love. His divine character is engraved in my essence. I am an extension of the highest being to ever exist.



# Daily Journal

day three

Date:

We're told love is **patient, kind, not self-seeking, not proud, and not easily angered**. Take a moment to reflect on the people in your life that embody *divine love*. How do they show up in your life?

- *Let all that you do be done in love. 1 Corinthians 16:14*

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# Today's Affirmation<sup>13</sup>

(repeat the affirmation to yourself four (4) times with your hand on your heart)

*I believe in myself and my power.*





# Daily Journal

day four

Date:

List seven (7) ways that you can cultivate trust in yourself and faith in your divine power

1.

2.

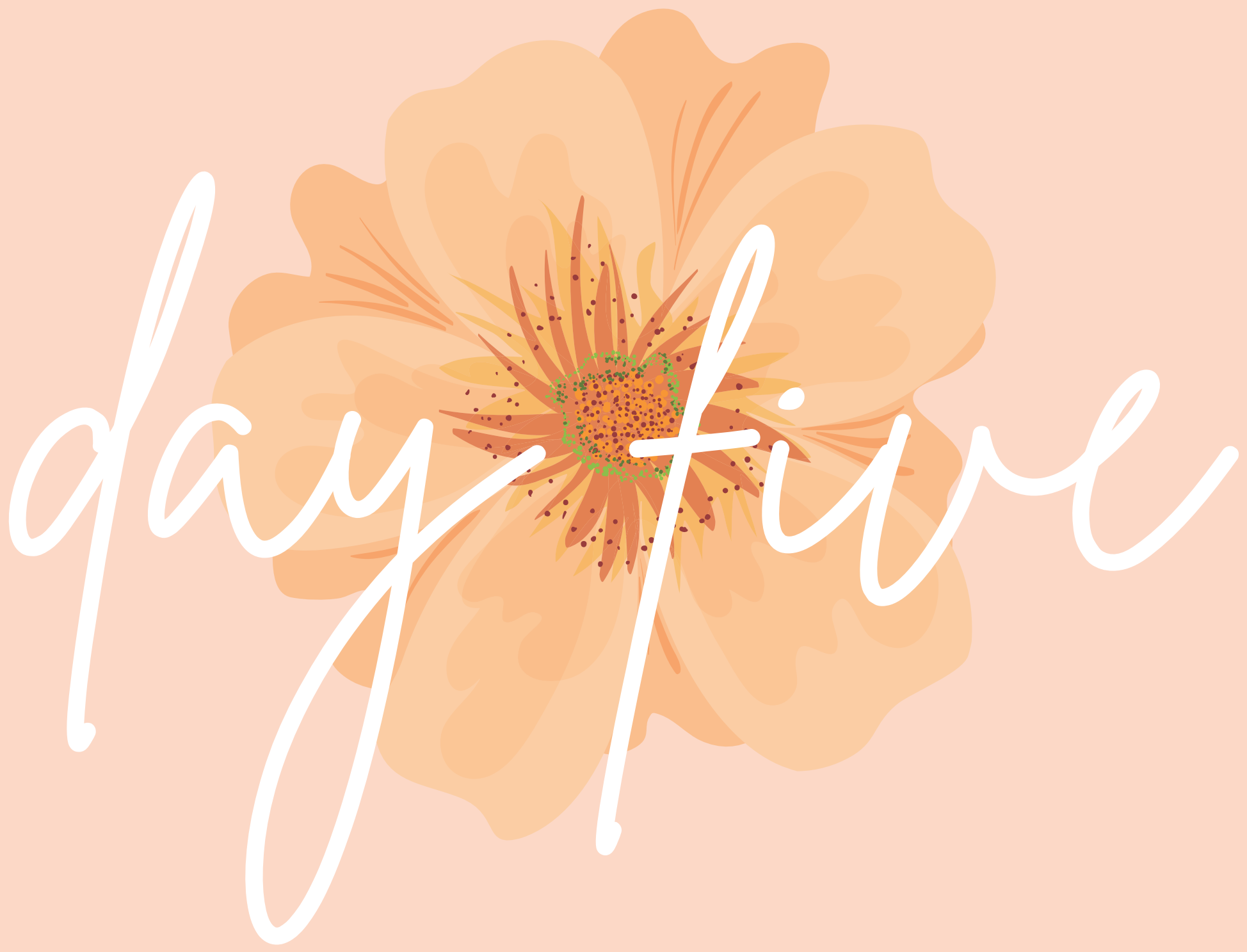
3.

4.

5.

6.

7.



**I love the light in you.**

**I love the light in me  
too.**



# Today's Affirmation<sup>17</sup>

(repeat the affirmation to yourself two (2) times with your hand on your heart)

I live in constant awareness of my blessings. I know that comparison is the thief of joy and I genuinely celebrate the success of others. I see the light in others because that same light lives within me.



# Daily Journal

day five

Date:

Jealousy is brought on by **real** or **perceived** scarcity ("someone has x and I don't have x"). Although deeply stigmatized, feeling jealous isn't inherently wrong nor does it make you an evil person. However, jealousy becomes problematic when it drives how you engage with others. And if that happens, it can disrupt your relationship with *self* and *others*.

Fill this jar with gentle reminders centered on helping you to release comparison and shame, authentically celebrate the success of others, and connect with your special and unique light.

(ex. I am content with my life in my heart and mind)







**When I rest, I reaffirm  
that I am worthy of  
stillness. I am worthy.**

# Today's Affirmation<sup>21</sup>

(repeat the affirmation to yourself with your jaw relaxed for however long you need)

The work I've done thus far is enough. I am enough. I am worthy of being in a state of utter peace and stillness. My body, mind, and soul deserve to rest.



# Daily Journal

*day six*

Date:

No journal prompt today!  
*Go and take a nap sis.*





**When our soul's touch,  
compassion flows.**

# Today's Affirmation<sup>25</sup>

(repeat the affirmation to yourself four (4) times with your hand on your heart)

As a member of humanity, I extend compassion to anyone existing in a human experience. Every day presents another opportunity to extend & receive radical compassion.



# Daily Journal

day seven

Date:

Shame and hyper-criticism distort our sense of self and others. Radical compassion empowers us to see ALL beings through a lens of tenderness, care, and empathy. In turn, empathy opens our hearts to receiving and extending love.

**Compassion is the path to authentic connection.** What does compassion mean to you? Name one (1) way you can practice compassion for *self* and one (1) way you can practice compassion with *others* today.

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



**“The worst disease in the world is hate. And the cure for hate is love. ” – India.Arie**



# Congrats Beloved,

*You did the work!*

**Learning and unlearning is a labor of love. You kept at it, didn't stray from your goal (even when it felt challenging) and now you've made it through 7 days of affirmations and exercises to support your journey of living in loving-wellness.**

**The journey doesn't end here. Now it's time to share the power and the beauty of your love with the world, because this world desperately needs it! And in a society that often feels cold & dark, let us always hold tight to the light in us, and stay true to love.**





# Acknowledgements

The muse of this e-journal and the woman who deserves every ounce of gratitude that I have to offer is my mother, Karen Simmone Mclean-Cole. I would like to also thank my entire tribe for your constant outpouring of love, grace, and support. There is a special place in my heart for all who have taught me the power of love.

## References:

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