

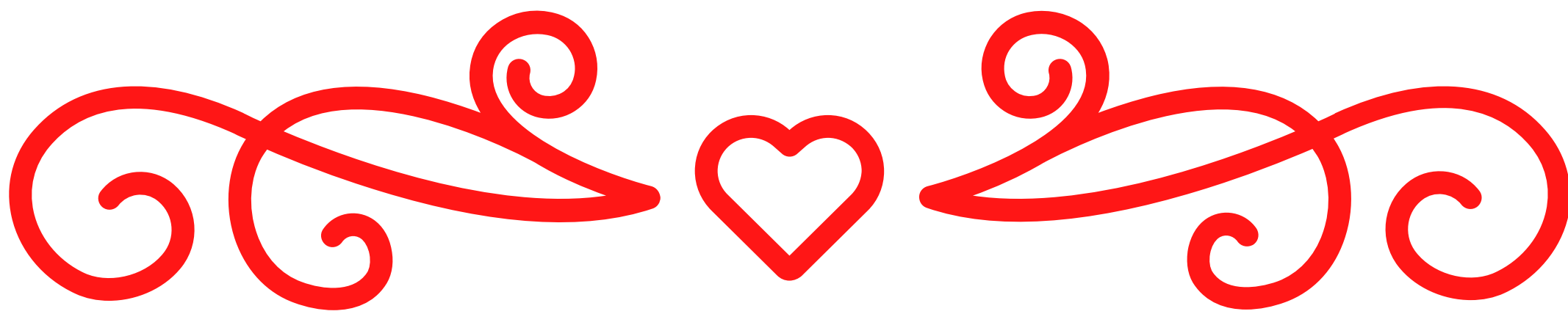
YOUR 7-DAY SELF-LOVE
RITUAL

Love Yourself
and Shine
— MINI KIT

“EVERYTHING YOU NEED
TO SHINE... IS ALREADY
WITHIN YOU.”

Author:

Rocío Arellano — Love & Diamonds



Welcome!

Thank you for downloading the Love Yourself and Shine Mini Kit.

This gift comes straight from the heart and is designed to accompany you on a 7-day journey of connection with yourself.



Color, write, reflect.

You don't have to be an artist — all you need is permission to feel and create.

Each page and every word in this kit is crafted to remind you that you are worthy, enough, and capable of transforming your life through self-love.

✨ *I hope this little gift inspires you, helps you relax, and becomes a safe space you can return to whenever you need it.*

With love,

Rocío Arellano

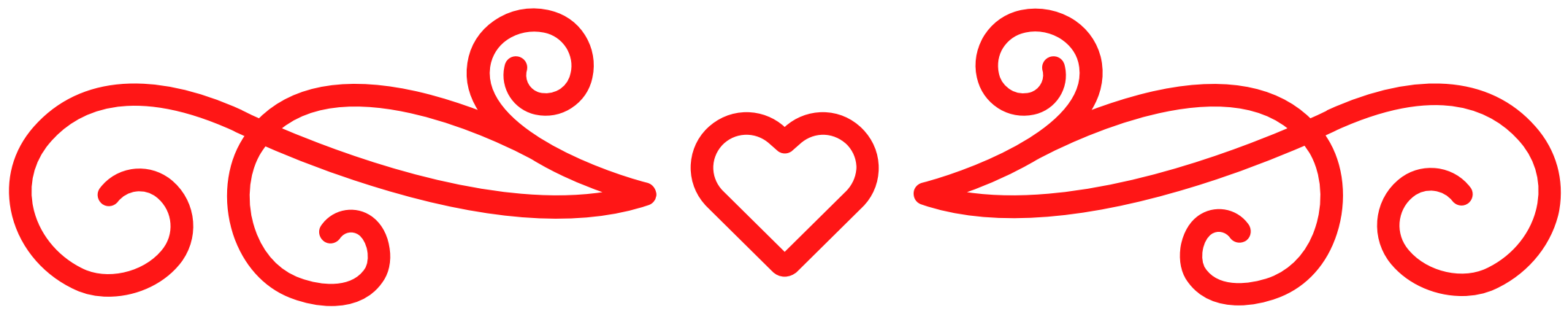
Founder of Love & Diamonds











✧ My Space to Feel and Create ✧

Instruction:

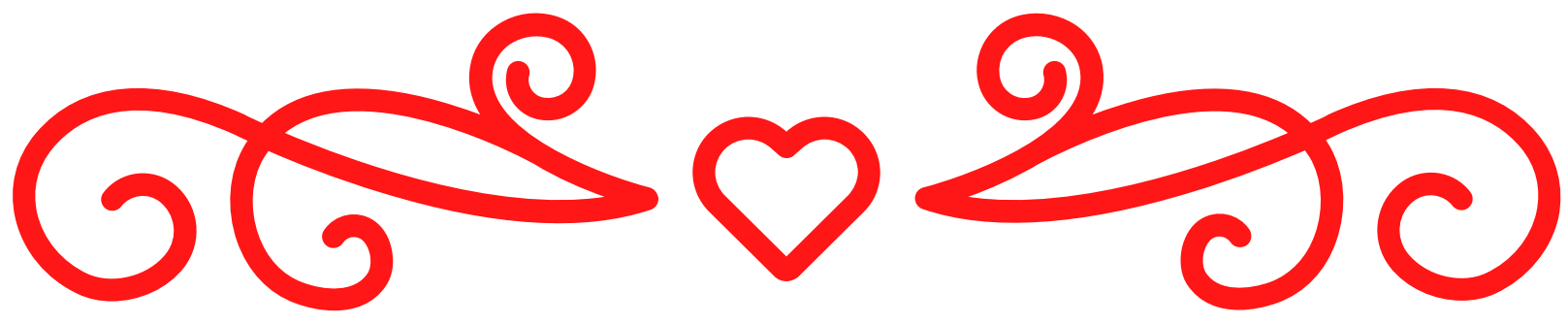
Write whatever you feel today.

An emotion, a thought, a phrase...

Make this space a reflection of your soul.

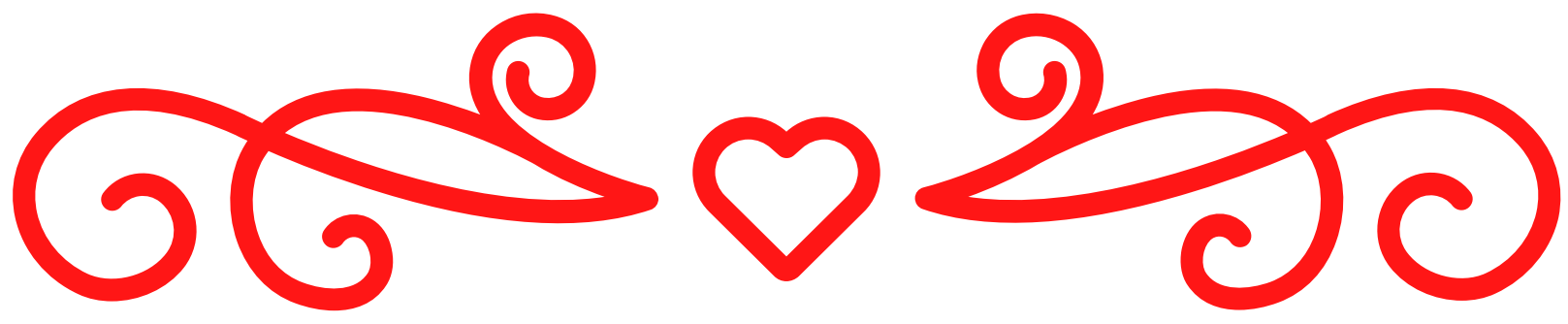


*With love,
Rocío Arellano
Founder of Love & Diamonds*



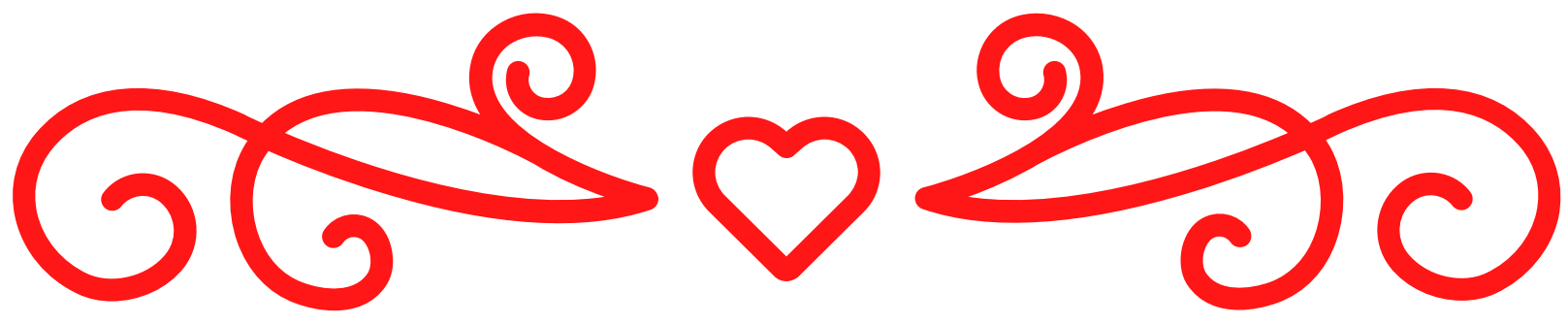
Weekly Daily

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.



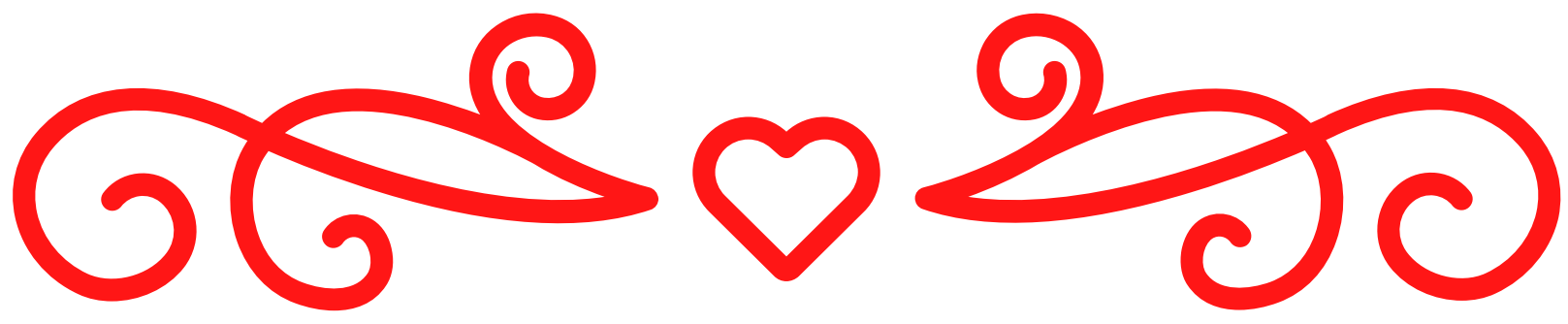
Weekly Daily

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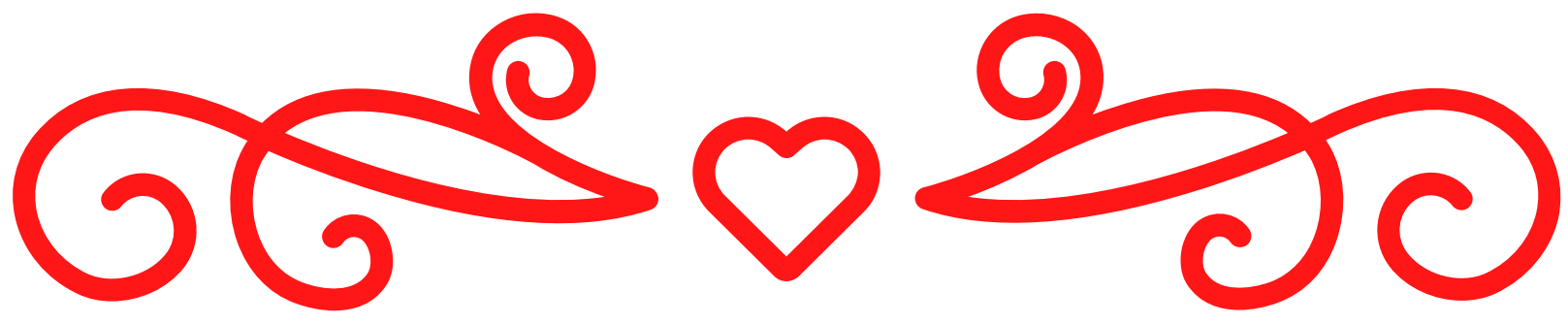
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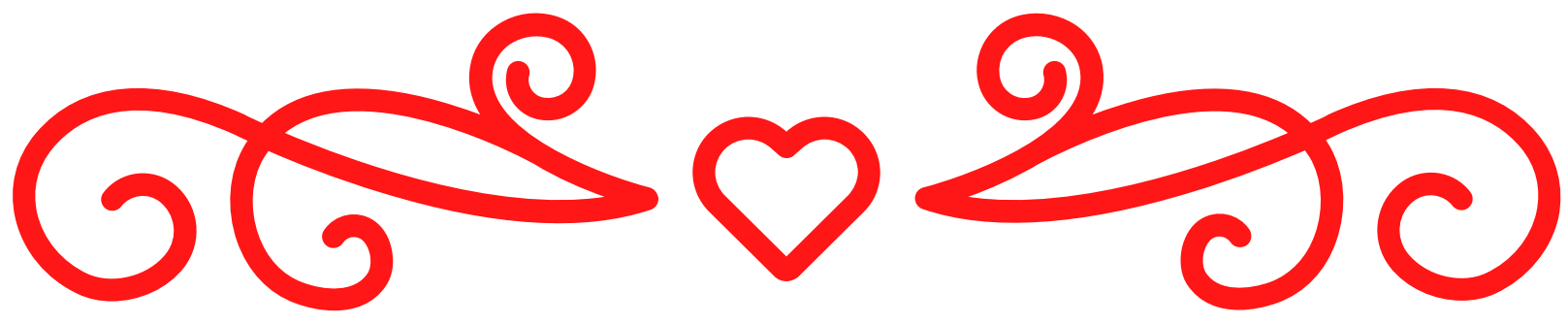
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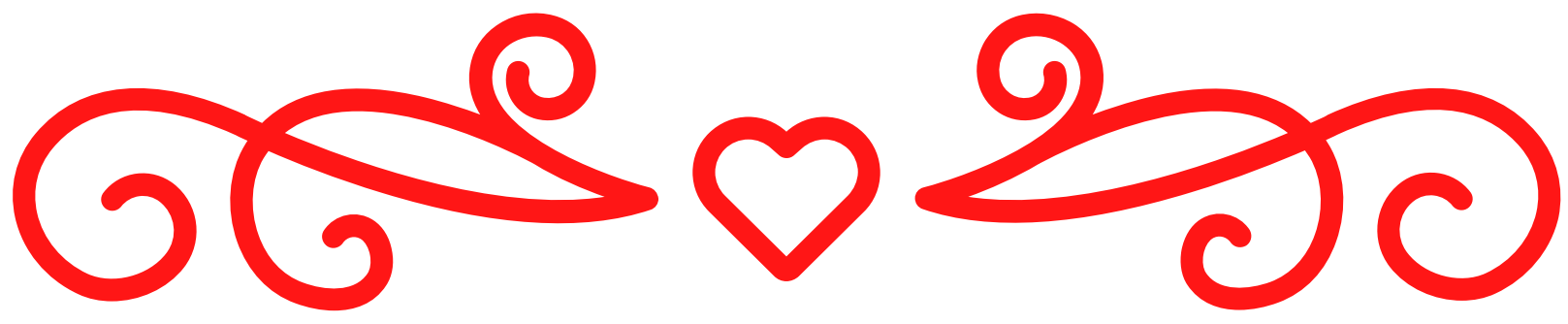
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✦✦ Raise your vibration with
the power of affirmations ✦✦

7 DAILY MINI- AFFIRMATIONS



With love,
Rocío Arellano

Founder of Love & Diamond



The first step to improving any circumstance is becoming aware of how we talk about it.

Positive affirmations or decrees changed my life, and I sincerely hope they do the same for yours.

Proper mental discourse will bring forth beneficial feelings, prompt you to act correctly, and produce the results you expect.





Repeat the affirmations you choose every day, feeling them true and connecting with your inner self.



Trust this powerful technique and enjoy its benefits.



You deserve to live an extraordinary life.



1

*Today is a wonderful
new day for me. Today
I choose to live a day of
calm and tranquility.*

*Everyone I meet treats
me with great kindness.*

*No matter what
happened yesterday,
today I choose to feel
good.*

2

*Today I decide not to let
the opinions of others
affect me. Today I
choose to be free, to act
freely without conditions.
What others think of me
is not important. The
only truly important
thing is what I think of
myself.*

3

*I feel calm and
comfortable just the way
I am. Everything is fine
within me. I project my
own inner confidence
onto everyone I interact
with.*

4

*Today I enjoy taking
things calmly. I've
learned to take the
pressure off everything
around me. Ultimately,
nothing is that
important. Today I'm
calm, today I feel good.*

5

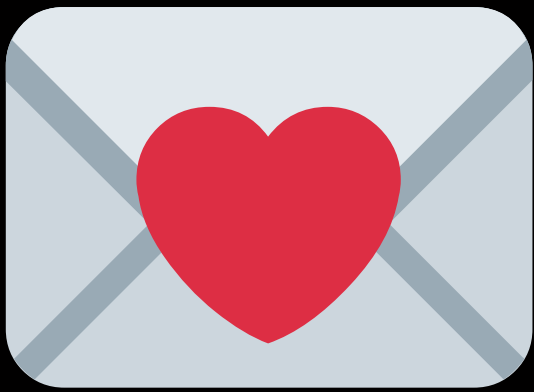
*Today I choose to feel
abundant. Today I
allow all the abundance
the Universe has for me
to enter my life. I stop
standing in the way, I
stop being an obstacle,
and I allow it to arrive.
I visualize it and enjoy
it. I am abundant.*

6

*Today I decree that I
will have a day filled
with joy. I can already
see how tonight, when I
go to bed, I will feel
immense gratitude for all
the beautiful moments I
experienced today. So I
decree, so I decide, and
so it shall be.*

7

*Today I feel able to be grateful
for everything that has happened
in my life. Today I am grateful
for the beautiful moments, with
the great joy and happiness they
have brought to my life. But I
am also able to be grateful for the
hard and difficult moments,
because they have allowed me to
grow and learn greatly.
Thank you, thank you, thank
you.*



Thank

you for giving

yourself this time.



*With love,
Rocío Arellano
Founder of Love & Diamonds*

REMEMBER, THIS
MINI KIT IS JUST THE
BEGINNING.



Stay tuned for more resources, gifts, and special
messages from the Love & Diamonds
community.

IF YOU'RE PASSIONATE ABOUT STORIES WITH
SOUL, FOLLOW ME ON INSTAGRAM TO DISCOVER
UPCOMING RELEASES, INSPIRING QUOTES, AND
THE HEART OF MY PUBLISHING HOUSE:

👉 @loveanddiamondseditorial