



Embraceable

Me

Crowned with Self-Love

**Journal**

*A Guided Journal  
for Self-Reflection,  
Empowerment, and  
Growth*

by Dr. LaRay Imani Price

# **Welcome to Embraceable Me: Crowned with Self-Love.**

This journal was created as a heartfelt companion to the book I released in 2024, a work that lived in my heart and spirit long before it found its way to the page. Its message took root during one of the most challenging seasons of my life.

In 2020, at the height of the pandemic, I was deeply committed to my clients, my community, and the many organizations I served. I poured myself into helping others, yet quietly neglected my own emotional and physical well-being. That imbalance led me to the emergency room with exhaustion, dehydration, and dangerously low potassium — a wake-up call that changed everything.

Surrounded by patients battling COVID-19, I realized how disconnected I had become from caring for myself. That moment became a turning point, an invitation to redefine what self-love truly means. I learned that self-love is more than self-care. It is an act of honoring your needs, setting boundaries, and giving yourself permission to rest, feel, and heal.


This workbook is here to guide you back to that sacred truth.

It invites you to let go of the mask, release the weight of the past, and open your heart to the life you desire and deserve.

# **How to Use This Workbook**

This workbook is designed to help you deepen your journey of self-love through reflection, journaling, and mindful practices.

Each chapter aligns with a theme from the book and includes journal prompts to encourage personal reflection. You'll also find QR codes throughout the workbook that link to curated Spotify playlists for each chapter, created to nurture your spirit and inspire your writing flow.

 Simply scan the QR code at the start of each chapter to listen while you write. Let the music guide your emotions and help your words find their rhythm.

Remember:

“There are no wrong answers — only your truth.” Take your time, breathe deeply, and allow each page to hold space for your healing, laughter, and light.

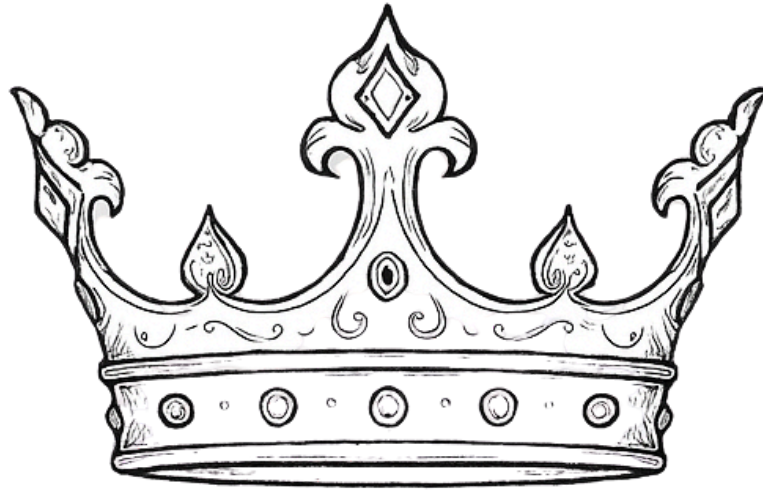
## **A Final Word**

This journal is your companion, a safe place to reflect, release, and renew.

May these pages remind you that self-love is not selfish, it's sacred.

And as you journey through each reflection, may you rediscover the beauty, strength, and light that have always lived within you.

With love and grace,  
— Dr. LaRay Imani Price



Chapter 1

Hidden Pain,  
Healing, and  
Wearing the Mask

*“Removing the mask to  
reveal your true self.”*

# BEGINNING OF THE MONTH REFLECTION

## WHAT 3 GOALS DO I HAVE FOR MYSELF THIS MONTH?

DATE:

S M T W T F S

VISUALIZATION

I WANT  
TO MANIFEST

I SEE

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I HAVE

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I FEEL

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LIMITING BELIEFS I NEED GET RID OF

TO-DO LIST

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MY DAILY AFFIRMATION

ACTION PLAN

MY PRAYER TO THE UNIVERSE

# Spotify Playlist for Chapter 1: Hidden Pain, Healing

## Gospel Playlist

A soul-soothing gospel and worship playlist curated by Dr. LaRay Imani Price to guide reflection, surrender, and renewal. Let every song remind you that grace heals, God provides, and peace is possible.

#EmbraceableMe

#HiddenPainHealing



## Secular/Inspirational Playlist

A soul-healing journey through pain, reflection, and renewal. These songs move from vulnerability to victory—reminding every woman that her strength is born in the moments she chooses to rise, rebuild, and love herself again.































































# End of the Month Reflection

Date:

S | M | T | W | T | F | S

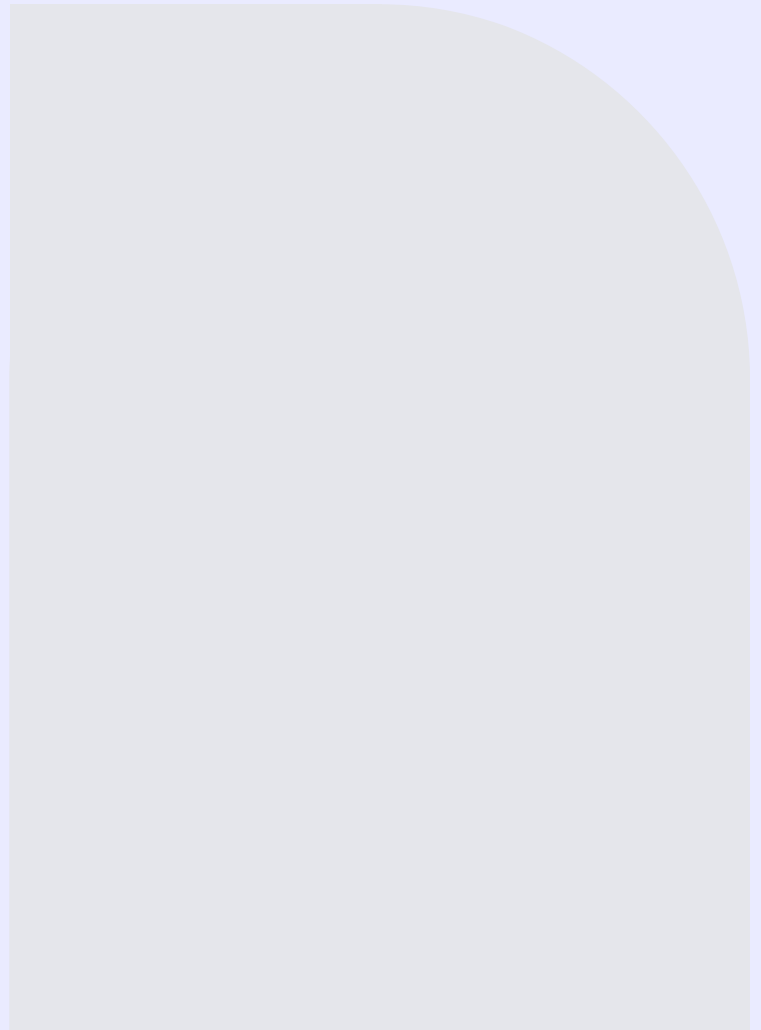
What goals did I accomplish?

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- \_\_\_\_\_
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5 Good things this month

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- \_\_\_\_\_
- \_\_\_\_\_
- \_\_\_\_\_
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Drawing my mood today



What goals did I not accomplish — and why?

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- \_\_\_\_\_
- \_\_\_\_\_

What to do tomorrow

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