

# TIRZAH'S LOVE

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AYME MAGAZINE

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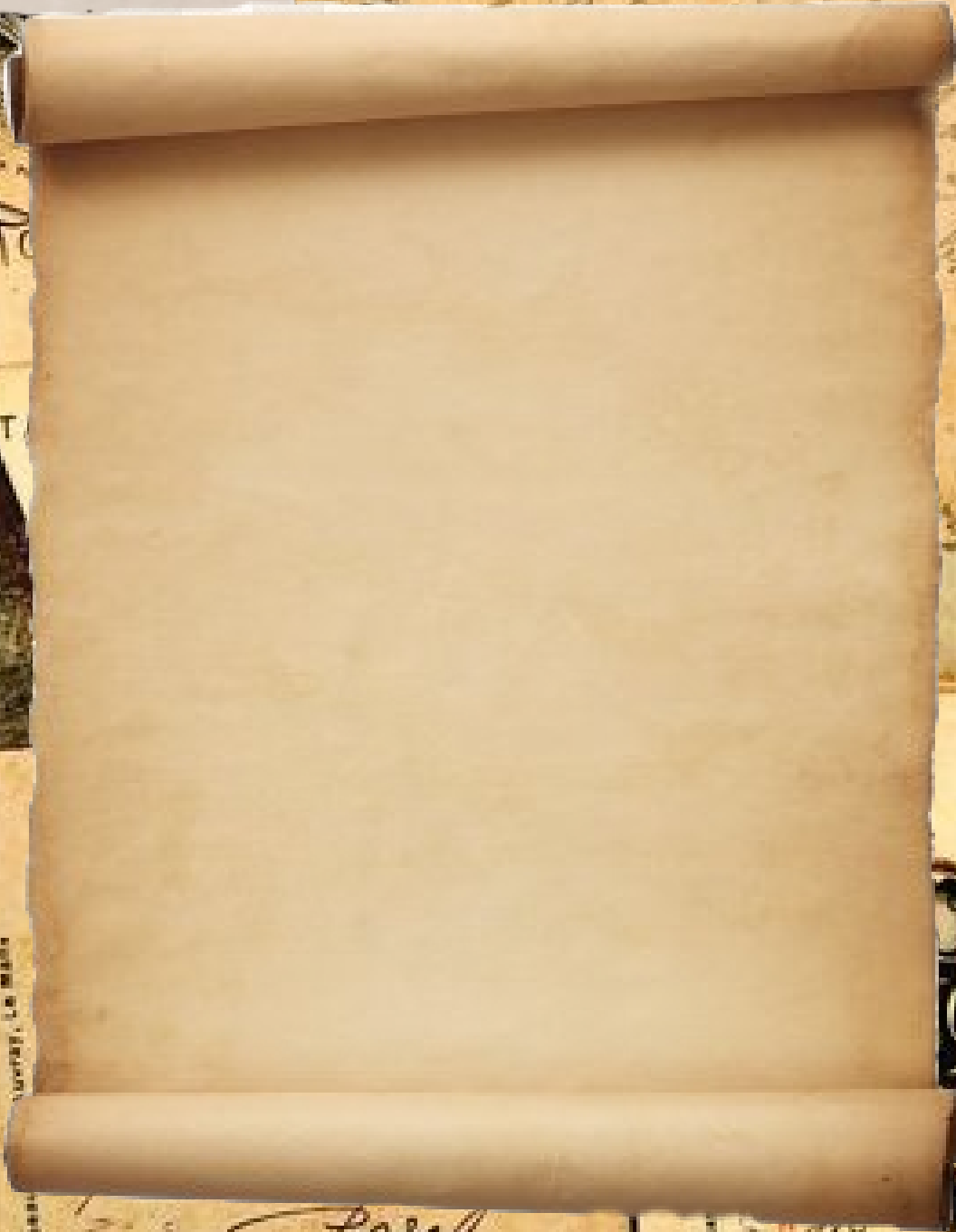
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A person is shown from the chest up, wearing a vibrant red, semi-transparent garment. The background features a large, circular object with a white and red pattern, possibly a decorative piece or a large moon, set against a dark, blue-toned background with bare tree branches.

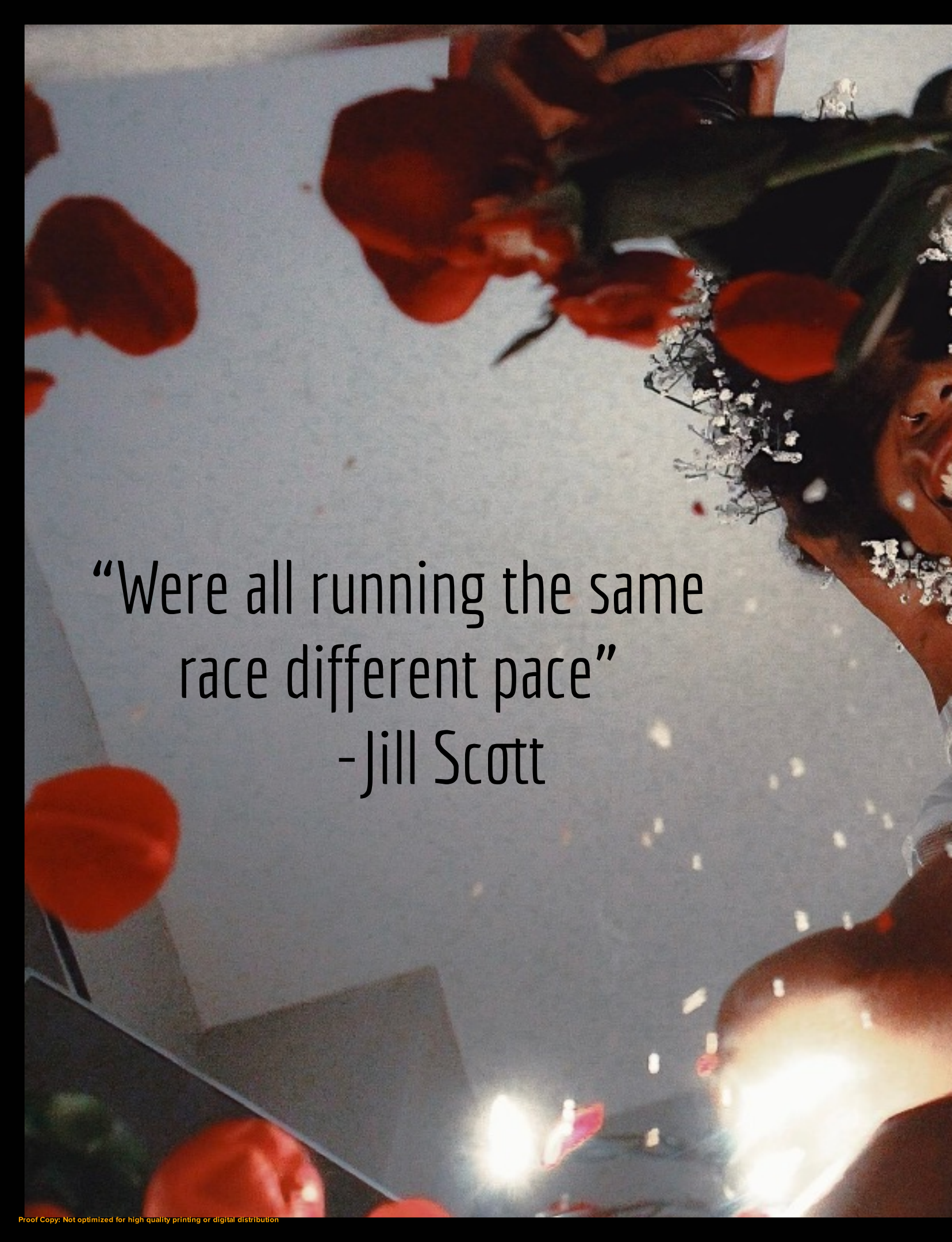
To me self love is forever changing  
because im forever changing so you have  
to give yourself time to Glow and Grow be  
patient with yourself.....

What's Your  
Definition of  
Self Love?



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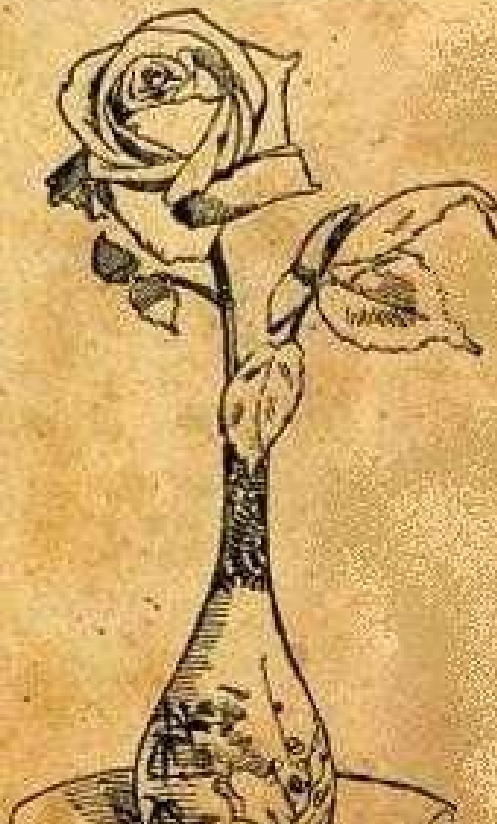
Parell

A photograph of a bride smiling and holding a bouquet of red flowers, with confetti falling around her. The bride is wearing a white dress and has a joyful expression. The background is a light, slightly blurred outdoor setting. The text is overlaid on the left side of the image.


“Were all running the same  
race different pace”  
-Jill Scott



How has your love  
for self changed your  
wealth?





A close-up photograph of a woman in a wedding dress. She is wearing a crown of white baby's breath flowers and has warm white string lights draped around her head and shoulders. Her eyes are closed, and she has a serene expression. The background is dark with soft bokeh lights and red rose petals scattered around. The overall mood is romantic and intimate.

Comparing can get you sucked into deep places that no one needs to be in but let's face it we have all been there and it's not fun. I've learned that a lot of the things we look at daily really effects us so, what I do is minamize the things I put my energy into (like instead of being on all the social platforms only choose two) or even take a break from it. Trust me, you won't miss a thing and it will give you more time to spend time with you....

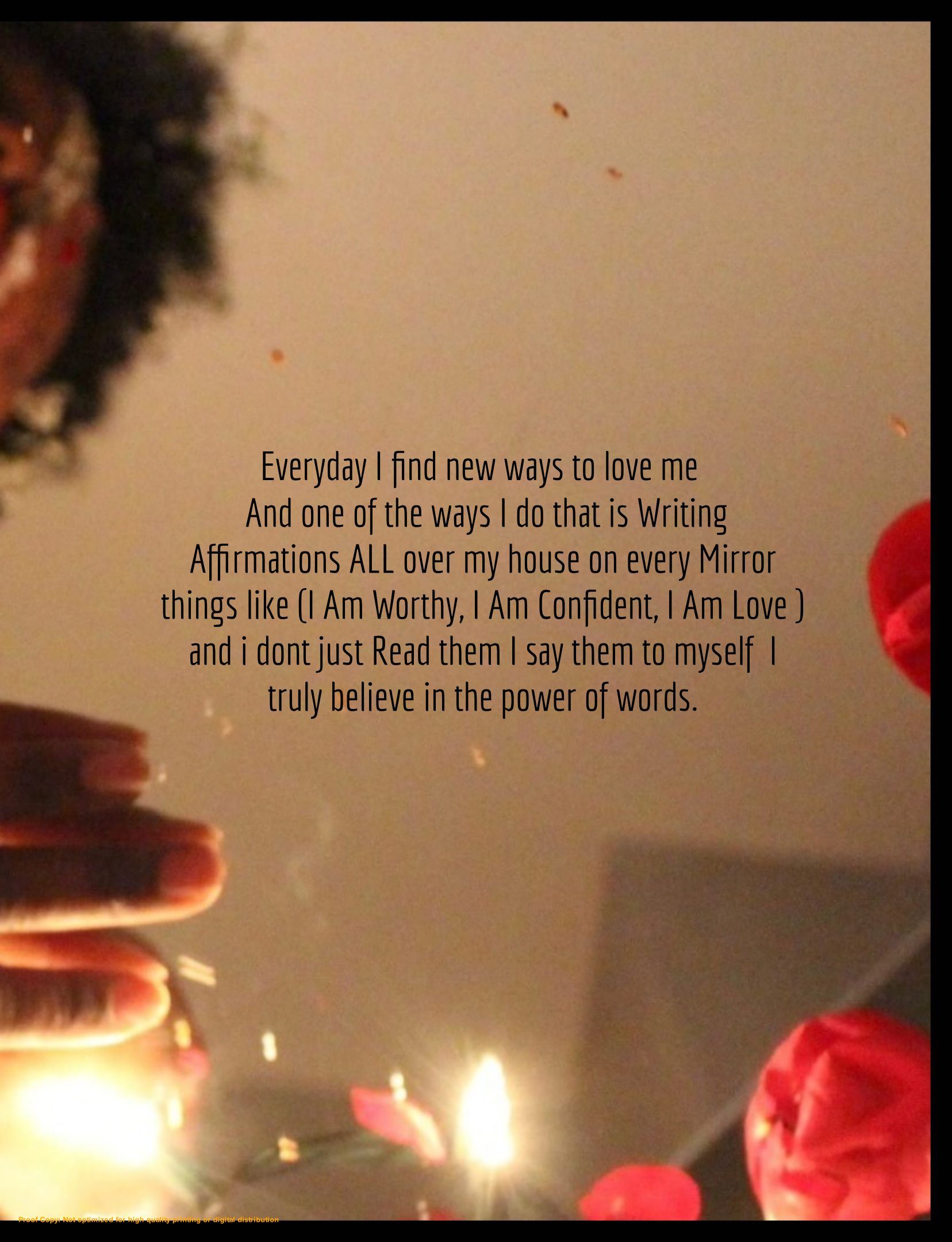


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The background is a soft-focus, warm-toned image. It features several bright, out-of-focus light sources, likely candles or small lamps, creating a bokeh effect. There are also some red flowers, possibly roses, visible in the lower right and middle right areas. The overall atmosphere is cozy and intimate.

Everyday I find new ways to love me  
And one of the ways I do that is Writing  
Affirmations ALL over my house on every Mirror  
things like (I Am Worthy, I Am Confident, I Am Love )  
and i dont just Read them I say them to myself I  
truly believe in the power of words.

# CREATE YOUR SELF LOVE ROUTINE....









Your Mental health plays the biggest part into self love..  
The best thing I've done for myself was seeking therapy  
and help for my depression/Anxiety/ PTSD disorder.  
We have to realize that sometimes it's much deeper  
than we think; So why not choose to show up for your  
self just as much as you show up for others?  
**You deserve that!**



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# Self Love Note To Self

Lined writing area for a self-love note.