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FOR FURTHER INFORMATION:

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[Love Notes to Myself](#)

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Atlanta, Ga.

New free service to help you feel good and remain positive during stressful times

Atlanta, Ga. – If you're lacking motivation, science tells us that when you repeatedly speak kindly to yourself such as the positive messages from [Love Notes to Myself](#), affirming how awesome you are, it could change your brain chemistry for an improved attitude and mood.

Love Notes to Myself is a new free service that sends daily, nugget-sized self-love reminders that have proven to give you a positive boost delivered to your inbox every weekday morning and are the brainchild of [keynote speaker, best-selling author, and social impact entrepreneur Jenna Banks](#).

Her insights into personal power dynamics have inspired women to break free from outdated social norms so they get more of what they want out of life. She has been featured in a variety of media outlets including [Forbes](#), [ABC](#), [NBC](#), and [Authority Magazine](#).

“I've done surveys and people are enjoying them. They come through each weekday morning with the subject line that says *A Love Note*. It's personalized, from “Myself” to you in a sweet loving way with little reminders about loving yourself such as it's OK not to be the perfect friend,” Banks said.

“Most of us beat ourselves up constantly through the day subconsciously as a default mechanism. If we talk negatively about ourselves, we bring ourselves down and drain our energy. Love Notes to Myself is designed to counter these negative effects.”

Banks knows from personal experience how negative self-talk can take its toll. As a teenager, she made multiple suicide attempts. Among other things, the power of positive self-talk helped her build up her self-worth and have a positive outlook on life.

She started a company and sold it for \$500,000. She also wrote the award-winning book called [I Love Me More: How to Find Happiness and Success through Self-Love](#). It was released on International Woman's Day in 2022 and, hit the Amazon best-seller charts within the third week.

“It's about my journey from having no sense of self-worth as an abused little girl to having self-confidence and building a successful life. The book can help anyone, particularly women who haven't learned to prioritize their needs or their happiness,” said Banks.

Love Notes to Myself is an extension of the book as one way to think and speak kindly to yourself and slowly build confidence.

“When I started talking positively to myself by recognizing the little positive things about myself, I performed better, and I stopped beating myself up. If you make it a habit, you could also see positive changes,” said Banks.

It doesn't have to be a big task. Any little task that you think you've done well will do. It's amazing how many of these little accomplishments add up. If you praise yourself for them, you'll realize that you have done a lot of great accomplishments.

“It's your choice. You're either powering yourself down and draining yourself of your energy or you're building yourself up and charging yourself up throughout the day. I've found that patting myself on the back every day, charges me up like a battery,” said Banks.

Just stop to say to yourself you've done a good job. It could be any small task that you're proud of like taking the time to clean the dreaded inbox that's been weighing you down or writing an article.

“A lot of us just complete our work and don't stop to appreciate what we've done. It's these little things that build you up to change your energy and make you feel more positive,” said Banks.

For further information or to schedule an interview, contact Jenna Banks at (770) 674-8154 or media@jenna-banks.com.

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