

Journal Prompts For Self Love

1. What is your biggest struggle with loving yourself? and what can you do about it?

2. Do you think self love is selfish? Why or why not?

3. What rules or conditions can you let go to love yourself unconditionally?

4. What are you proud of yourself for?

5. Describe a challenge you've overcome lately. How did overcoming this challenge make you stronger?

6. Describe yourself positively in 10 words.

7. Name three things you love about your personality.

8. What are your biggest goals and dreams? Name three ways you can start taking actionable steps toward your dreams.

9. What are you most passionate about now?

10. Write down three nice things people have said about you recently.

11. Write about a time when you did something kind for a friend or family member.

12. When do you feel the most confident in yourself?

13. What self-care activities bring you feelings of calm?

14. What current habits are destructive to your sense of self-love?

15. What good habits you'd like to cultivate?

16. What is something you have always wanted to try but never have?

17. How can you take better care of yourself?

18. What cheers you up on a bad day?

19. Write down five things you're grateful for.

20. What are you holding onto that you need to forgive yourself for?

21. What do you judge yourself for? How can you let go of that judgment?

22. How does making time for yourself feel?

23. Write a letter of advice to your future self.
