

35 Journal Prompts for Self Love

- Journal three things you like about your personality.
- What are some of your achievements, big or small, that you're proud of?
- What self-care activities do you enjoy the most?
- Reflect on a time when you overcame a challenge. How did that experience strengthen your self-love?
- Write about how you can show yourself grace if you mess up.
- How do you talk to yourself when facing difficulties?
- Journal 5 positive affirmations to boost self-love and self-confidence.
- Write about a time you felt confident and on top of the world.
- How can you celebrate your uniqueness and individuality?
- What recent accomplishments are you most proud of?
- How do you honor your boundaries and prioritize your needs?
- In what ways do you appreciate your body and all that it does for you?
- How can you practice self-forgiveness and let go of excess self-criticism?
- How do you nourish your mind, body, and spirit?
- What self-love practices can you incorporate into your morning routine?
- What are you grateful for when it comes to your qualities, appearance, health, or abilities?
- How can you cultivate a supportive and loving inner dialogue?
- What goals are you working towards that align with your values and passions?
- How do you embrace imperfection and what is your attitude about your flaws?
- Are you compassionate and supportive towards yourself? If so, how? If not, why not?
- Write 5 self-love affirmations that feel good.

- Write about some things you can do for rest and relaxation.
- What makes your heart sing and your soul soar?
- How do you honor your emotions? Do you ever judge yourself for your feelings and if so, how?
- What boundaries can you set to protect your energy and well-being?
- Journal about your relationship with your intuition. Do you trust yourself to make decisions?
- How can you be your own cheerleader in life?
- How can you cultivate greater strength and resiliency?
- How affected are you by what other people say or think about you?
- Journal some activities that would bring you joy.
- How can you increase feelings of positive self-esteem?
- What are some ways you can celebrate your progress and achievements?
- What self-care activities rejuvenate you when you're feeling drained or down?
- What compliments can you give yourself today?
- How does having a strong sense of self-love help in life and why does it matter?