

30 Journal Prompts- Self-Love

1. List 10 things you love about yourself.
2. List 5 things you're proud of.
3. Describe how you take care of yourself.
4. Does your self-care need improvement? How would you improve it?
5. If someone asked you to describe yourself, how would you?
6. List 5 things you're good at .
7. List 10 things you wish someone told you every single day.
8. Why do you deserve the best in life?
9. What's something you survived that should have destroyed you?
10. How did that event make you stronger?
11. What does love mean to you?
12. What brings you the most joy?
13. Write yourself a thank you letter.
14. What do you do to relax? How often do you do that?
15. What's your fave comedy movie or show? Why?
16. What's your fave personality trait? Why?
17. List your accomplishments of the day. How do you feel?
18. Write yourself 10 compliments.
19. If you could feel a certain way all day everyday what would it be?
20. What's stopping you from having that feeling everyday?
21. Are those things real or excuses?
22. Describe your fave childhood memory?
23. Take your journal & go to a peaceful spot outside & write about how you feel in this moment.
24. How do you want to be remembered?
25. List 5 simple things that make you happy?
26. What's your fave holiday? Describe your feelings on this day.
27. Who is your role model & how are you already like he/she?
28. What's an embarrassing moment you can look back on & laugh about now?
29. Write all the things you love about your style. How does your style make you feel?
30. If you could pass along positivity to the world how would you do it?