
JOURNAL PROMPTS FOR SELF-LOVE

30 Days of Writing Prompts for Self-Love

When was the last time you looked at yourself in complete awe? Without judging, comparing, or criticizing yourself, but simply with pure unconditional self-love and appreciation. It can feel more



difficult to find comfort and love in who we are. At every turn there's a social media post or ad for a new product to “make us look or feel better” by photoshopped and airbrushed models. All of this noise is unrealistic and can play a negative role in how we feel about ourselves (IF WE LET IT).

I've put together these self-love journal prompts to help and encourage you to pause and truly admire YOU. Celebrate and honour your journey and yourself, exactly as you are!

Happy Journaling!

Benefits of Journaling:

- * Reduces stress
 - * Creates mindfulness
 - * Encourages creativity
 - * Boosts memory, mood and confidence
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1. List 3 of your strengths and how they positively impact others.

2. Smile at yourself in the mirror for 1 minute. Then, with compassion, list 3 things you love about yourself.

3. Describe a challenge you've overcome.

4. How did overcoming this challenge make you stronger?

5. What is one thing you'll do this week that's solely for you?

6. How does making time for yourself feel?

7. Write 3 positive and loving things about your least favourite quality/body part.

8. What is something you're proud of yourself for?

9. What were you most passionate about as a child?

10. What are you most passionate about now?

11. List 10 things you're grateful for.

12. Write 3 steps you could start doing today to improve your overall happiness.

13. Write yourself a letter describing how proud of yourself you are/what you love about yourself.

14. Describe your current goal(s) and your "why" for wanting to achieve it.

15. What positive impact do you hope to have on those around you?

16. What is something you'd like to release wanting control over?

17. List 2 steps you can take today to begin releasing control.

18. What does unconditional self-love mean and look like to you?

19. What do/could you tell yourself when negative self thoughts arise?

20. How do you envision yourself and your life in 5 years?

21. When do you feel most confident?

22. When do you feel most comfortable being yourself?

23. Describe a moment you did something out of your comfort zone.

24. How did you feel before/during/after being out of your comfort zone?

25. What steps will you take towards showing more compassion and love towards yourself?

26. How do you express love and appreciation to others?

27. How do you express love and appreciation towards yourself?

28. How often do you practice self-care?

29. What does your self-care routine entail?

30. Write a promise to yourself.

Happy Journaling!

[Check out our collection of guided journals](#)
