

Self Love Journal Prompts

curlybunmom.com

Self Love Journal Prompts

1. I love myself because
2. My self love affirmation of the day is
3. My self care activities for the day are
4. I can say yes to myself more in these ways
5. 3 things I love about myself is
6. I am happiest when
7. I deserve to be happy because
8. I feel most peaceful when
9. 3 qualities that make me unique
10. My 3 top strengths are
11. I am proud of myself because
12. My top accomplishments are
13. I am strong because
14. I thank myself for
15. The best compliment I've ever received was
16. How did I feel when I receive compliments
17. I love my personality because
18. I'm worthy because
19. I feel confident when
20. To become more confident, I will
21. I forgive myself for
22. My values in life are
23. The words I live by are
24. I need to let go of
25. To increase my self-esteem, I plan to
26. I'm physically beautiful because
27. Top 3 things I love about my body
28. The top 10 things I love about my body
29. The top 3 things I want to improve about my body is
30. To improve the image, I have of my body, I will
31. Today, I'm going to treat myself to
32. The top 3 things I want to work on in my life are
33. I changed my life for the better when
34. I'm passionate about
35. My insecurities are
36. I can overcome each insecurity by
37. My dreams are
38. I'm inspired by
39. These things get me excited
40. These are on my bucket list
41. I can say no when
42. These are my boundaries in life
43. Sometimes, I struggle to love myself when
44. I can overcome loving myself by
45. I'm a good friend because