



Self Love Journal Prompts



1. What is one thing I did today that made me feel proud of myself, no matter how small
2. Write about a moment recently when you felt truly yourself
3. What brings me joy in my everyday life and how can I savor it more
4. Describe a part of your personality that you secretly love and why
5. What is something I have been forgiving myself for and how does it feel
6. What small act of kindness can I show myself today
7. What is one area of my life where I want to set a healthy boundary
8. Write a love letter to yourself as if you were your own best friend
9. What emotions am I feeling right now and what are they trying to tell me
10. What is one habit I want to nurture that supports my growth and happiness
11. Who inspires me to love myself and why
12. Describe a time when you overcame a challenge and what it taught you
13. What limiting belief about myself can I gently release today
14. How do I feel in my body today and what does it need to feel cared for
15. What is one thing that always makes me smile or laugh and why
16. What does a day of true self care look like for me
17. What is one compliment I can give myself right now that I truly mean
18. Write about a recent accomplishment, big or small, and celebrate it
19. How do I handle my inner critic and what would I like to change
20. What makes me feel confident, alive, and fully me
21. How do I want to nurture my mind, body, and spirit this week
22. What is one way I can be more present with myself today
23. What qualities in myself do I admire the most
24. What lesson have I learned recently about myself and how can I apply it
25. What brings fun, playfulness, and lightness into my life
26. What does my ideal relationship with myself look like and feel like
27. How have I grown over the past year and what am I proud of
28. What fear can I face gently today to honor my own strength
29. What does self discovery mean to me personally, and how can I explore it more
30. What promise or intention do I want to make to myself moving forward