



14 Journal Prompts for *Self-Love*

How do I treat my loved ones? How is that different or the same from how I treat myself with love?

What do I want more of in my life and why?

What am I ready to let go of?

Am I living a life of intention or a life of habit? Explain.

What was the last nice thing I did for myself? Explain.

What are 5 things I love about myself?

What do I need to start saying 'yes' to and 'no' to?

What is one self-care practice I can incorporate into my daily life?

Write a thank you letter to your body.

How can I learn to embrace imperfection in my life?

What do I need to forgive myself for?

What brings me peace?

What learned beliefs am I holding onto that aren't true to my authentic self?

Who are my greatest role models? What qualities do we share?