

47 SELF LOVE JOURNAL PROMPTS

- What are some things you love about yourself?
- What are some things you're proud of?
- What are some things you're grateful for?
- What are some things you like about your physical appearance?
- What are some things you like about your personality?
- What are some things you like about your skills and talents?
- What are some things you like about your accomplishments?
- What are some things you like about your relationships?
- What are some things you like about your lifestyle?
- What are some things you like about your life in general?
- Why do you deserve love and happiness?
- How can you show yourself more love and compassion?
- How can you care for yourself better physically, emotionally, and mentally?
- How can you nurture your relationships with yourself and others?
- How can you create a life that brings you joy and fulfillment?
- How can you contribute to making the world a better place?
- What are some things you can do to make today special for yourself?
- What can you do to make this week special for yourself?
- What can you do to make this month special for yourself?
- What can you do to make this year special for yourself?
- How can you add more self-love into your morning routine?
- How can you add more self-love into your weekly routine?
- How can you add more self-love into your monthly routine?
- How can you add more self-love into your yearly routine?
- Why is self-love important to you?
- What are some things that you love about yourself?

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- What are some things that you do that make you feel good?
- When was the last time you did something nice for yourself?
- How do you show yourself compassion when you make a mistake?
- What are some things that you can do to take care of yourself when you're feeling stressed or overwhelmed?
- What is your definition of self-love?
- How can you practice self-love on a daily basis?
- What are some things that you can do to nurture your relationships with yourself?
- What are some things that make you feel joyful and alive?
- What are some things that make you feel loved and supported?
- How can you create more balance in your life?
- How can you better care for your physical, mental, and emotional needs?
- What does your ideal life look like?
- How can you start making steps towards achieving your ideal life?
- How can self-love help you to achieve your goals and dreams?
- What are some things that get in the way of your self-love practice?
- How can you overcome these obstacles?
- What affirmations can you say to yourself to promote self-love and acceptance?
- Who are some people in your life who support and encourage your self-love practice?
- How can you be more supportive of yourself?
- What's the best compliment you've ever received? Did you believe it? Why or why not?
- Brainstorm one about positive affirmations and choose one you can tell yourself daily.