

Self-Love

30 SELF-LOVE JOURNAL PROMPTS

NAME _____

DATE _____

1 What is one small, kind thing you did for yourself today, even if it seemed too ordinary to count?

2 Write down three words you would like to believe about yourself, then turn each one into a sentence that begins with I am.

3 In what small way are you a little gentler with yourself now than you were a year ago?

4 Name one thing you genuinely like about the way your mind works.

5 What would a gentle start to tomorrow look like for you, from the moment you wake up?

6 Which compliment from the past few months did you brush off, and what would it feel like to simply accept it?

7 What is one thing you are allowed to stop apologizing for?

8 What does your inner voice sound like when you make a small mistake, like spilling coffee or forgetting a name?

9 List five things you are good at that would never show up on a job application.

10 What is one need you have today, and what is one small way you could meet it?

- 11 Which song, place or smell helps you feel most at ease in your own skin?
- 12 What did you handle well this week, even if no one else noticed?
- 13 If you gave yourself one hour of permission today, with nothing to earn first, how would you spend it?
- 14 Think of the last time you criticized yourself harshly. Rewrite those words as if you were saying them to a close friend in the same situation.
- 15 What do you admire most in the people you love, and where do you see a little of that quality in yourself?
- 16 When do you find it easiest to be kind to yourself, and what is different about those moments?
- 17 What rules do you hold yourself to that you would never expect someone else to follow?
- 18 Describe a moment when you rested without earning it first. How did it feel, and what made it possible?
- 19 What does caring for yourself look like on a hard day, when you have very little energy? Keep the list small and real.
- 20 Which part of your daily routine feels like a kindness to yourself, and which part feels more like a punishment?
- 21 Write about a time you said no and felt relieved afterward. What did that relief tell you about what you deserve?

- 22 How do you respond when someone offers you help or care, like a ride or a meal? Why might receiving feel harder than giving?
- 23 Who in your life makes it easier for you to like yourself, and what do they do that you could learn to do for yourself?
- 24 What is a flaw you have been trying to fix for years? Write about how it might also have protected or served you.
- 25 What do you do for others that you rarely do for yourself, like checking in, celebrating, or making room for a bad mood?
- 26 What would it mean to believe you are already enough, just as you are today? Write what feels true and what feels hard to accept.
- 27 Write a short thank-you note to a past version of yourself who kept going through something difficult.
- 28 Where did you first learn the way you talk to yourself? Write about the voices, places or moments that shaped your inner critic.
- 29 Write a letter to yourself in the voice of a friend who loves you without conditions. What would they most want you to know?
- 30 What are you still waiting for before you let yourself feel good about who you are? Write about what it would mean to stop waiting.