

Self-Love and Self-Care Journaling Prompts

1. What did you accomplish today?
2. How can you be kinder to yourself today?
3. What is a compliment you received that you have never forgotten?
4. What are 5 things you love about your body?
5. Why are you grateful for your life right now?
6. Is there something that happened this week you are proud of?
7. What do you forgive yourself for?
8. Who in your life makes you feel good about yourself?
9. Why do you deserve love and affection?
10. Describe a skill or talent you possess.
11. List 3 things you have overcome.
12. What are your 3 greatest accomplishments?
13. List 5 traits you love about yourself.
14. What makes you feel strong?
15. Give yourself a genuine compliment today.
16. Write a love letter to yourself.

17. What can you do for yourself today?
18. What does self-love mean to you?
19. How can you take more time for yourself?
20. List 10 reasons you should make yourself a priority.
21. List 3 things you don't love about yourself, and find ways you can appreciate and nurture them.
22. How would your best friend describe you?
23. What does unconditional love mean to you?
24. You deserve to love yourself. List all the reasons why.
25. List 5 goals you have had and completed.