

Self-Love Journal Prompts

Self-love journaling prompts are a powerful tool to change how you feel about yourself, encouraging you to focus on what is amazing about you.

What you focus on expands. This means that whatever you give your attention to you create more of this in your World.

To create more positive experiences in your life, it is essential for you to start thinking more positively about life, yourself included!

Bring the practice of journaling into your life daily. Buy a nice journal that makes you feel good when you look at it! and commit to every day finding somewhere quiet to sit and write in your journal.

You can take as much or as little time as you can / want for this journaling practice but we suggest journaling for at least ten minutes of journaling.

Below you find some journaling prompts to guide you.

Take 2 – 4 prompts a day - Write the journal prompt at the top of the page and then journal your response beneath.

Really enjoy this exercise and keep us posted on how you find it.

The Self Love Journaling Prompts

1. The things I love the most about me are....
2. My greatest strengths are....
3. My friends love me because....
4. My family loves me because.....
5. My biggest achievement is....
6. My favourite thing about my body is....
7. I am proud of myself for....
8. I take care of myself by....
9. I respect my boundaries by.....
10. I deserve....
11. I am worthy of....
12. I am capable of.....
13. I am smart enough to.....
14. I allow myself to experience joy by.....
15. I feel my best when....
16. I allow myself to be supported by....
17. I prioritise my health by.....
18. I make other people feel...
19. The nicest compliment I've received is.....
20. Every day, I feel.....
21. How can I show love to myself today
22. Today I forgive myself for
23. I allow myself to feel happy by
24. 3 things that I am grateful for about myself are
25. My gift to the World is