

10 Self-Love Building Journal Prompts

ONE OF THE BEST WAYS TO GET AN IDEA OR CONCEPT HARD-WIRED INTO OUR BRAIN IS BY WRITING IT DOWN. THROUGH JOURNAL WRITING WE CAN GET TO KNOW OURSELVES BETTER, EXAMINE OUR THOUGHTS & FEELINGS MORE CLOSELY & PROVIDE OURSELVES WITH A CLEAR VISUAL OF WHERE WE'VE BEEN, WHERE WE ARE & WHERE WE WANT TO BE. BELOW ARE 10 SELF-LOVE BUILDING JOURNAL PROMPTS TO GUIDE YOU TOWARDS A KINDER RELATIONSHIP WITH YOURSELF...

1. What would you do if you knew that you wouldn't fail?

2. What is your favorite physical feature? Why is it your favorite?

3. What is your favorite character trait? Why is it your favorite?

4. Write about a time that you were really proud of yourself.

5. Write about a time you were disappointed in yourself. What did you learn from that experience?

6. Write about a time that you did something that you were really afraid to do. How did you feel afterwards?

7. Three things that I can do just for myself every day are...

8. Write about your greatest accomplishment in life.

9. I feel best about myself when...

10. How does wearing your favorite clothing make you feel? How can you incorporate this into your daily life?
