31 Journal Prompts To Bring More Self-Love Into Your Life



1. What Negative Affirmations Do I Say About Myself Every Day?



2. What Positive Affirmations About Myself Do I Say Every Day?

3. What Practices Do I Do Daily For Self-Love?

4. How Do I Take Care Of My Body?



5. How Do I Take Care of My Mind?



6. How Do I Take Care Of My Soul?





8. What Boundaries Have I Created In My Life?



10. Do I Treat Myself With Respect?





12. How Do I Prioritize Myself?



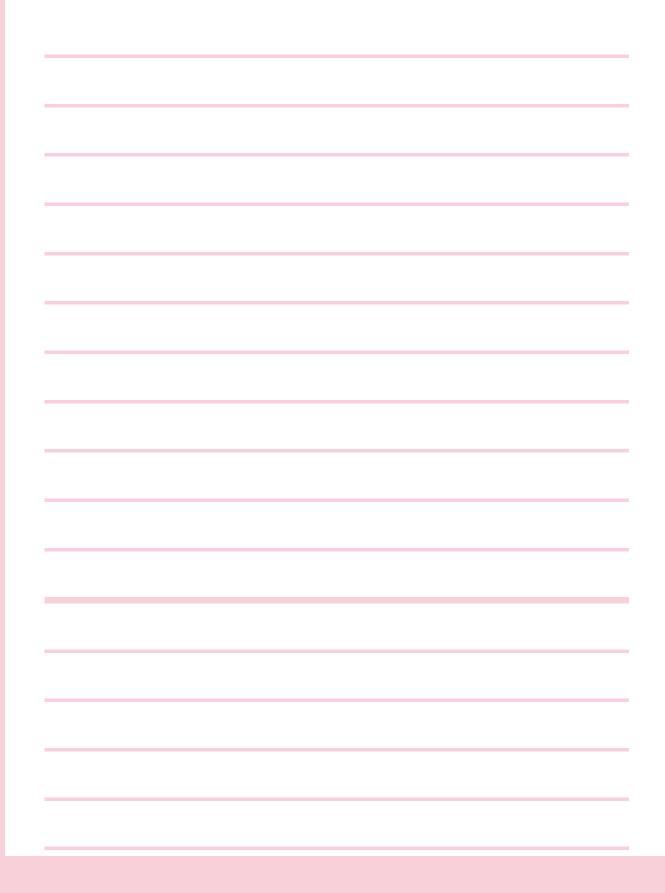


14. How Do I Feel About My Imperfections?

15. Do I Need To Forgive Myself?

16. Do I Like Myself? If Not, Why?

17. What Goals Do I Have For Myself Happiness And Health?



18. Am I True To Myself?

19. Do I Pay Attention To My Needs Over My Wants?



20. Do I Hold Myself Accountable?



21. Am I Holding On To Toxic People?



22. Am I Living In the moment or waiting for the future?



23. How Do I Connect to myself?



24. How Can I Be More Confident?



25. Do I Believe What Other People Say?

26. What Kind Of World Do I Live In?



27. Why Should I Love Myself?



28. How Can I Cultivate More Love In My Life?

29. How Can I Listen To Myself More?

30. How Can I Accept Things As They Are?

31. How Can I Make Other People Feel Good