

SELF LOVE JOURNAL PROMPTS

USE THESE JOURNAL PROMPTS DAILY OR EVERY FEW DAYS TO HELP BUILD YOUR
RELATIONSHIP WITH YOURSELF AND INCREASE YOUR SELF LOVE.



- 1) What are 3 qualities about yourself that you value?
- 2) What do you need more of in your life?
- 3) How can you take better care of yourself?
- 4) Make a list of 30 things that make you smile.
- 5) What do you love about life?
- 6) Write the words you need to hear right now.
- 7) What's the greatest life lesson you have learned?
- 8) When do you feel the most confident in yourself?
- 9) When do you feel the least confident in yourself?
- 10) Describe something in your life that makes you proud.
- 11) What activity can you do that makes you lose track of time?
- 12) What cheers you up on a bad day?
- 13) What habits are you holding onto that are keeping you from improving yourself?
- 14) What memories/beliefs are you holding onto that are keeping you from improving yourself?
- 15) What is one thing that you can forgive yourself for this week?
- 16) Jot down 3 compliments you have received. How have they made you feel?
- 17) What is a challenge you are dealing with right now? How are you growing from it?
- 18) Write yourself a kind, gentle note reminding yourself to look after you. What does that looking after yourself look like?
- 19) Write about the highlight of your day today or a recent day. How did it make you feel?
- 20) List 3 things today you are grateful for. What does it feel like to be in that space of gratitude?



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