



Self Love

Journal Prompts

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Self Love Journal Prompts

- I love myself because
- My self love affirmation of the day is
- My self care activities for the day are
- I can say yes to myself more in these ways
- 3 things I love about myself is
- I am happiest when
- I deserve to be happy because
- I feel most peaceful when
- 3 qualities that make me unique
- My 3 top strengths are
- I am proud of myself because
- My top accomplishments are
- I am strong because
- I thank myself for
- The best compliment I've ever received was
- How did I feel when I receive compliments
- I love my personality because
- I'm worthy because
- I feel confident when
- To become more confident, I will
- I forgive myself for
- My values in life are
- The words I live by are
- I need to let go of
- To increase my self-esteem, I plan to
- I'm physically beautiful because
- Top 3 things I love about my body
- The top 10 things I love about my body
- The top 3 things I want to improve about my body is
- To improve the image, I have of my body, I will
- Today, I'm going to treat myself to
- The top 3 things I want to work on in my life are
- I changed my life for the better when
- I'm passionate about
- My insecurities are
- I can overcome each insecurity by
- My dreams are
- I'm inspired by
- These things get me excited
- These are on my bucket list
- I can say no when
- These are my boundaries in life
- Sometimes, I struggle to love myself when
- I can overcome loving myself by
- I'm a good friend because