

# Self-Love Journal

## A Day-By-Day Journey to Self-Love

Journaling can be a great way to practice more internal inquiry, while identifying where you can introduce more self-directed kindness and compassion into your life.

You may also find it a healthy means of emotional expression, as well as a mood booster or a way to de-stress.

*For example:*

- Recalling and re-living positive moments can be a good way to identify what you'd like more of in your life.
- Reflecting on your strengths, good qualities, and accomplishments can be a mood-booster, and a good way to build up self-esteem.
- Considering what you're grateful for can help you put things in perspective.

Find a quiet moment that works for you during or at the end of your day, and reflect on what's happened. Use the prompts given to guide you in your journaling.

Alternatively, you may want to use a separate journal of your own. Try to write something in your journal each day.

## 10 Self-Love Journal Prompts

1. *What is one thing you admire about yourself? What do you like about it?*
2. *List 3 things - or people - that you're grateful for today.*
3. *What is one thing you'll forgive yourself for this week?*
4. *Jot down 3 great compliments you've received. How did they make you feel?*
5. *What is a challenge you are dealing with right now, and how are you growing from it?*
6. *What makes you unique? Loveable? Admirable?*
7. *What is one personality trait that you feel proud of?*
8. *Write a reassuring, kind, gentle note to yourself, telling yourself here, reminding yourself to look after you. How will you do that?*
9. *What is your favorite feel-good activity? How can you do it more?*
10. *Write about the highlight of your day today. How did you feel?*