

# Self-Love Sentence Stems

## Filling in The Blanks With Self-Love

Keeping a journal is one expressive - and often therapeutic - way to boost self-awareness while learning to nurture more kindness and acceptance towards yourself.

If journaling or self-love don't come naturally to you, use these stems to find inspiration.

Simply fill in the blanks!

## 20 Self-Love Sentence Stems

This resource is designed to make your self-love journaling much easier with sentence stems.

Simply complete the phrases in your own journal, and if it comes naturally to you - add more for later.

1. *The three things I love best about myself are: \_\_\_\_\_, \_\_\_\_\_, and \_\_\_\_\_.*
2. *I'm exceptionally good at \_\_\_\_\_.*
3. *I am showing more interest in \_\_\_\_\_.*
4. *\_\_\_\_\_ is something I really want to cultivate more of in my life.*
5. *This week, I'm going to reward myself by \_\_\_\_\_.*
6. *I hereby choose not to worry about \_\_\_\_\_.*
7. *I've been told I have great \_\_\_\_\_.*
8. *I deserve to feel good because I do my best to \_\_\_\_\_.*
9. *\_\_\_\_\_ is something about me that others have admired.*
10. *I'm really looking forward to \_\_\_\_\_.*
11. *\_\_\_\_\_ and \_\_\_\_\_ are two people who give me strength.*
12. *I choose to be proud of having \_\_\_\_\_ because I deserve it.*
13. *This week I've gotten better (even just a little!) at \_\_\_\_\_.*
14. *I can't change \_\_\_\_\_ about myself, and I choose to accept it.*
15. *Each day, I get stronger and better at \_\_\_\_\_.*
16. *I make others happy because I \_\_\_\_\_.*
17. *Today, I feel great because I managed to \_\_\_\_\_.*
18. *I am \_\_\_\_\_ and that's something I love about me.*
19. *My ability to \_\_\_\_\_ is something I've always been proud of.*
20. *This week, I'm giving myself a break from thinking about \_\_\_\_\_.*