



8 Journal Prompts



1. What are five things I truly appreciate about myself, and how do they make me feel?
2. How can I be kinder to myself when I'm going through difficult times?
3. What are three ways I can prioritize my needs and well-being today?
4. Write about a time when I felt proud of myself. What did that experience teach me about my own worth?
5. What are my boundaries, and how can I honor them to protect my energy and self-respect?
6. What does self-love mean to me, and what daily habits can I develop to practice it more intentionally?
7. How can I forgive myself for past mistakes and show myself the same grace I offer to others?
8. What brings me joy and fulfillment, and how can I make space for more of that in my life?