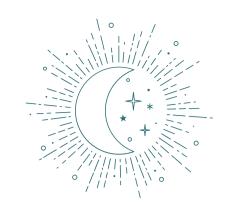
Self-Compassion Journal Prompts



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

