

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?