

100

DEEP JOURNAL PROMPTS FOR SELF LOVE

1. What do I love most about myself?
2. What are the most loving words I can tell myself right now?
3. What features of my body make me feel more confident?
4. What is your love language? Reflect on it and list 3 ways you can fulfill your emotional needs.
5. What are your best qualities?
6. If I was a child, how would I comfort and Soothe myself?
7. List at least five things you appreciate about yourself.
8. Write 15 words you need to hear daily to feel loved and confident.
9. Write an unfiltered love letter to yourself this morning.
10. If you loved me more, I would...
11. What is your definition of self-love?
12. Do you love yourself enough? Write how you feel and bare it all.
13. List 3 top boundaries and how it changes your life.
14. List 5 things you're grateful for today.
15. How do you track and celebrate your self-love and growth journey?
16. Reflect on a moment when you showed yourself compassion and grace. How did it change things for you?
17. Write a gratitude letter to yourself, acknowledging your growth, resilience, and hurdles you've jumped so far.
18. What are some mistakes you have to forgive yourself for?
19. Reflect on when you practiced self-forgiveness, and let go of past mistakes and how you felt.
20. List 3 inspiring things that you would like to do.
21. Reflect on when you trusted yourself and took a leap of faith.

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