

JOURNAL PROMPTS

Self-Love

Write yourself the letter you've been waiting for.

What have I been waiting to accomplish before I let myself feel worthy?



What words have I been waiting for someone else to say to me?



What would my inner voice sound like if it cheered me on?



If I began a letter with "Dear me," what would I want to say first?



What have I made it through that I've never told myself I'm proud of?



What's one intentional way I can show myself love this week?



How could I make self-love part of my everyday routine?



Who am I at my core, beneath the roles I play?



What does my heart need to hear from me right now?



What do I want my heart to know today?



Self-Love

CUT ALONG THE DASHED LINES

NO. 1



What have I been waiting to accomplish before I let myself feel worthy?

NO. 2



What words have I been waiting for someone else to say to me?

NO. 3



What would my inner voice sound like if it cheered me on?

NO. 4



If I began a letter with "Dear me," what would I want to say first?

NO. 5



What have I made it through that I've never told myself I'm proud of?

NO. 6



What's one intentional way I can show myself love this week?

NO. 7



How could I make self-love part of my everyday routine?

NO. 8



Who am I at my core, beneath the roles I play?

NO. 9



What does my heart need to hear from me right now?

NO. 10



What do I want my heart to know today?

