

JOURNAL PROMPTS

Self-Kindness

Talk to yourself like someone you love. Start here.

What would I say to someone I love who was going through what I'm going through?



What are three good things, however small, from today?



What gentle words do I need to hear today?



What kind words do I give others easily that I rarely give myself?



What small good thing showed up on a hard day recently?



What good thing did I almost miss today?



What encouragement would I give a friend in my shoes right now?



What's going right in my life right now, even a little?



Where do I need to be more patient with myself this week?



What tiny moment am I grateful for today?



Self-Kindness

CUT ALONG THE DASHED LINES

NO. 1



*What would I say to someone I love
who was going through what I'm
going through?*

NO. 2



*What are three good things,
however small, from today?*

NO. 3



*What gentle words do I need to
hear today?*

NO. 4



*What kind words do I give others
easily that I rarely give myself?*

NO. 5



*What small good thing showed up
on a hard day recently?*

NO. 6



*What good thing did I almost miss
today?*

NO. 7



*What encouragement would I give a
friend in my shoes right now?*

NO. 8



*What's going right in my life right
now, even a little?*

NO. 9



*Where do I need to be more patient
with myself this week?*

NO. 10



*What tiny moment am I grateful
for today?*

