

Easy Self Love Journal Prompts



- ♥ 1. What is one thing I like about myself today?
- ★ 2. What is something I handled well recently?
- ♥ 3. What is one quality I have that makes my life better?
- 💡 4. What is something about myself that I often overlook but deserve to appreciate?
- ♥ 5. When do I feel most comfortable being completely myself?
- ★ 6. What is one small thing I can do today that would make me feel cared for?
- 💡 7. What is something I have learned about myself recently?
- ★ 8. What is one decision I've made that I'm proud of?
- 💡 9. What is something I don't need to be perfect at?
- 💡 10. If I treated myself like someone I genuinely cared about today, what would I do differently?

