

Fun and Whimsical Self Love Prompts

JOURNALING & THOUGHT PROMPTS FOR SELF-REFLECTION

1. If my personality were a cozy café, what would it look and feel like? 
2. What three things would I put in a "starter pack" for being me? 
3. If I could give myself a completely unnecessary but delightful gift today, what would it be? 
4. What fictional character would probably understand me unusually well? 
5. If my current personality had a playlist, what kind of songs would belong on it? 
6. What tiny, weird, or ordinary thing makes me happier than it probably should? 
7. If I could plan an entire day with no concern about productivity, how would I spend it? 
8. What would my ideal "do absolutely nothing" day look like? 
9. If my younger self could choose one adventure for us to have together, where would we go? 
10. What is something about me that is delightfully odd? 
11. If I had to describe my current life as a book title, what would I call this chapter? 
12. What is one thing I want to do simply because it sounds fun, even if it isn't useful or impressive? 

