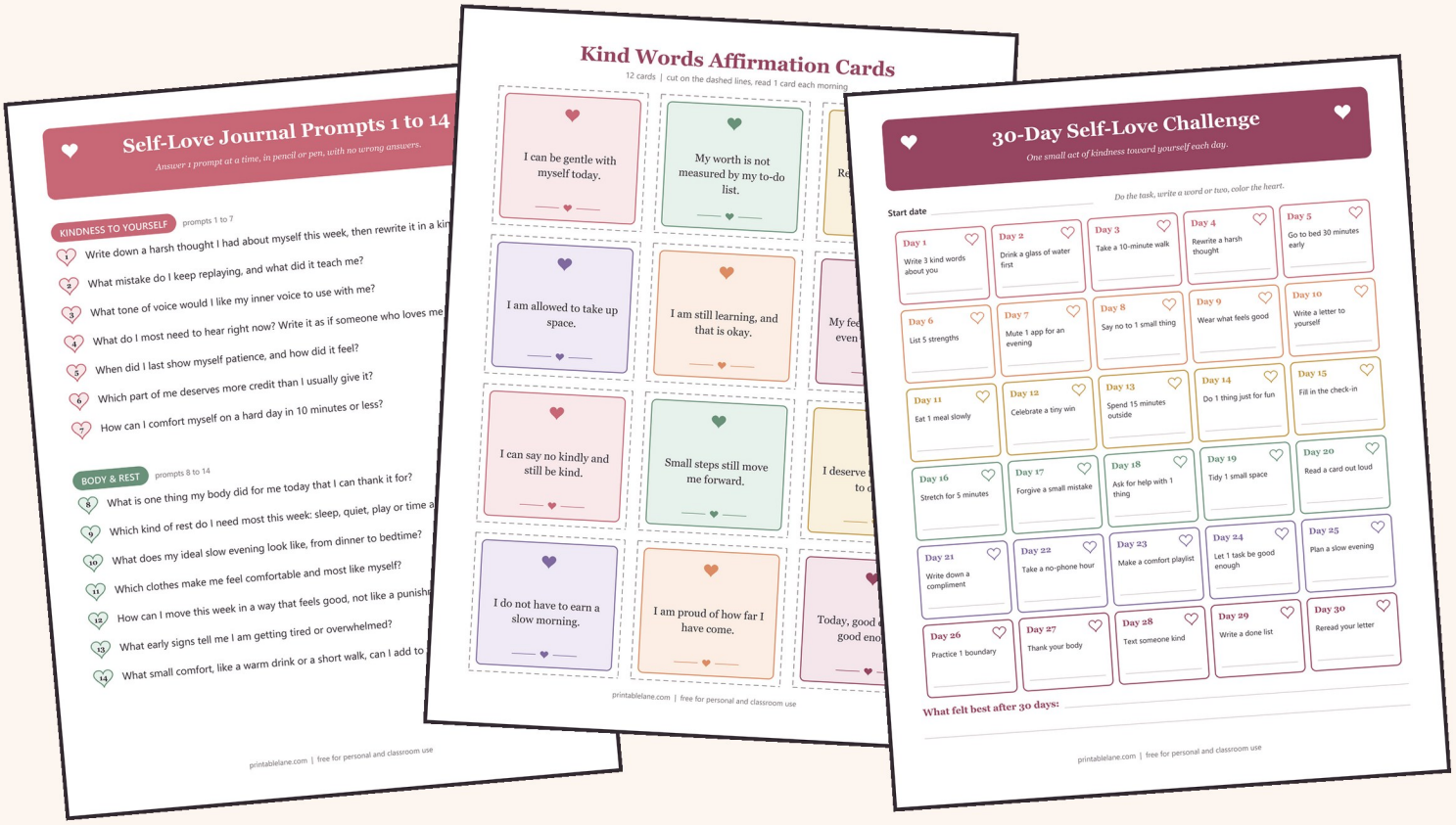
FREE PRINTABLE

Self-Love Journal Prompts

42 prompts in 6 themes + letter, check-in, boundaries, cards & challenge



10 pages | US Letter | print at home

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Self-Love Journal Prompts 1 to 14

Answer 1 prompt at a time, in pencil or pen, with no wrong answers.

KINDNESS TO YOURSELF

prompts 1 to 7

1. Write down a harsh thought I had about myself this week, then rewrite it in a kinder, truer way.
2. What mistake do I keep replaying, and what did it teach me?
3. What tone of voice would I like my inner voice to use with me?
4. What do I most need to hear right now? Write it as if someone who loves me is saying it.
5. When did I last show myself patience, and how did it feel?
6. Which part of me deserves more credit than I usually give it?
7. How can I comfort myself on a hard day in 10 minutes or less?

BODY & REST

prompts 8 to 14

8. What is one thing my body did for me today that I can thank it for?
9. Which kind of rest do I need most this week: sleep, quiet, play or time alone?
10. What does my ideal slow evening look like, from dinner to bedtime?
11. Which clothes make me feel comfortable and most like myself?
12. How can I move this week in a way that feels good, not like a punishment?
13. What early signs tell me I am getting tired or overwhelmed?
14. What small comfort, like a warm drink or a short walk, can I add to tomorrow?

Self-Love Journal Prompts 15 to 28

Write the way you would talk to a good friend: honest and gentle.

STRENGTHS & VALUES

prompts 15 to 21

15. List 5 things I am good at, including small everyday skills.
16. What problem did I solve recently without giving myself credit for it?
17. Which 3 values do I want my choices to reflect?
18. What have people thanked me for more than once?
19. Which hard season showed me something about my own strength?
20. What quality do I have that I would love to find in a friend?
21. What am I learning right now, and how far have I come since I started?

BOUNDARIES

prompts 22 to 28

22. Which request drained me lately, and how could I answer it differently next time?
23. What is a kind but clear sentence I can use to say no?
24. How much time alone do I need each week to feel like myself?
25. Which topics or conversations do I want to step back from for now?
26. Which notifications or apps could I mute to protect my evenings?
27. Who respects my limits easily, and what do they do that I appreciate?
28. What guilt shows up when I set a boundary, and what would I tell it?

Self-Love Journal Prompts 29 to 42

Small, kind steps count. Come back to any prompt as often as you like.

LETTING GO

prompts 29 to 35

29. What old expectation of myself am I ready to put down?
30. Write a short note to my younger self, forgiving something small.
31. Which comparison steals my peace most often, and where do I meet it?
32. What would change if I stopped trying to be perfect at one thing?
33. What story about myself is no longer true?
34. What can I allow to be "good enough" this week?
35. Which worry can I write down here and leave on the page tonight?

SMALL JOYS & WINS

prompts 36 to 42

36. What tiny win from today do I want to remember?
37. What made me laugh this week, and who was there?
38. How can I celebrate a small win without spending money?
39. What did I do today just because I enjoy it?
40. Which place makes me feel calm and happy, and when can I go there next?
41. What am I looking forward to, however small?
42. Write a thank-you note to myself for this week.

Journaling is not a replacement for professional support.
If you are struggling, please reach out to someone you trust.

A Letter to Myself

Write to yourself the way you would write to someone you love.

Date _____ **Read it again on** _____

Not sure where to start? Write about...

what you are proud of • what you forgive • what you hope for • what to remember

Dear me,

With love,

My Strengths & Wins

Collect proof of what you can do, then read it on a hard day.

Month _____

10 things I am good at

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Kind words I want to keep

_____

_____

_____

_____

_____

People who cheer me on

_____

_____

_____

_____

_____

Wins this month (big or tiny)

Week 1

_____

_____

_____

_____

_____

Week 2

_____

_____

_____

_____

_____

Week 3

_____

_____

_____

_____

_____

Week 4

_____

_____

_____

_____

_____

Something hard I got through: _____

_____

Self-Care Check-In

A quick, honest look at how you are doing today.

Date _____ Time of day _____

How am I today?

circle 1 (low) to 5 (high)

Sleep	1	2	3	4	5
Energy	1	2	3	4	5
Mood	1	2	3	4	5
Calm	1	2	3	4	5

Right now I feel...

circle any that fit

calm	tired	hopeful
anxious	content	overwhelmed
grateful	lonely	rested
proud	restless	okay

Today I...

- ☐ drank water
- ☐ moved my body
- ☐ talked to someone kind
- ☐ did something fun
- ☐ ate a real meal
- ☐ got fresh air
- ☐ rested for a while
- ☐ went to bed on time

What I need most right now: _____

One kind thing I will do for myself today: _____

Something that went okay today: _____

Kind Words Affirmation Cards

12 cards | cut on the dashed lines, read 1 card each morning

I can be gentle with myself today.

My worth is not measured by my to-do list.

Rest is part of the work, not a reward for it.

I am allowed to take up space.

I am still learning, and that is okay.

My feelings make sense, even the messy ones.

I can say no kindly and still be kind.

Small steps still move me forward.

I deserve the care I give to others.

I do not have to earn a slow morning.

I am proud of how far I have come.

Today, good enough is good enough.

My Boundaries Worksheet

A boundary is a kind way to protect your time, energy and peace.

Date _____

Area	What drains me	My boundary
Time		
Energy		
Phone & screens		
Work or school		
Home & space		
People		

Kind ways to say it

- *"I can't take that on this week, but thank you for asking."*
- *"I need a quiet evening tonight. Can we talk tomorrow?"*
- *"That doesn't work for me. Here is what I can do:"*

My own words: _____

1 boundary I will practice this week: _____

Who can support me: _____

30-Day Self-Love Challenge

One small act of kindness toward yourself each day.

Start date _____

Do the task, write a word or two, color the heart.

Day 1 ♡ Write 3 kind words about you	**Day 2** ♡ Drink a glass of water first	**Day 3** ♡ Take a 10-minute walk	**Day 4** ♡ Rewrite a harsh thought	**Day 5** ♡ Go to bed 30 minutes early
Day 6 ♡ List 5 strengths	**Day 7** ♡ Mute 1 app for an evening	**Day 8** ♡ Say no to 1 small thing	**Day 9** ♡ Wear what feels good	**Day 10** ♡ Write a letter to yourself
Day 11 ♡ Eat 1 meal slowly	**Day 12** ♡ Celebrate a tiny win	**Day 13** ♡ Spend 15 minutes outside	**Day 14** ♡ Do 1 thing just for fun	**Day 15** ♡ Fill in the check-in
Day 16 ♡ Stretch for 5 minutes	**Day 17** ♡ Forgive a small mistake	**Day 18** ♡ Ask for help with 1 thing	**Day 19** ♡ Tidy 1 small space	**Day 20** ♡ Read a card out loud
Day 21 ♡ Write down a compliment	**Day 22** ♡ Take a no-phone hour	**Day 23** ♡ Make a comfort playlist	**Day 24** ♡ Let 1 task be good enough	**Day 25** ♡ Plan a slow evening
Day 26 ♡ Practice 1 boundary	**Day 27** ♡ Thank your body	**Day 28** ♡ Text someone kind	**Day 29** ♡ Write a done list	**Day 30** ♡ Reread your letter

What felt best after 30 days: _____

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