JOURNAL PROMPT

50 Self-Love Journal Prompts

<http://uncustomary.org/self-love-writing-prompts/>

**Finish the thought**

* [If my body could talk, it would say…](http://uncustomary.org/self-love-prompts-body-talk-say/)
* [I feel happiest in my skin when…](http://uncustomary.org/self-love-prompts-i-feel-happiest-in-my-skin-when/)
* I feel proud of myself when…
* [I feel safe when…](http://uncustomary.org/self-love-prompts-feel-safe/)
* [I forgive myself for..](http://uncustomary.org/self-love-prompts-forgive/).
* [I no longer need…](http://uncustomary.org/self-love-prompts-no-longer-need/)
* [If I could give my teenage self some advice, I would tell her…](http://uncustomary.org/self-love-prompts-give-teenage-self-advice/)
* The last positive thing I was a part of…
* Today I accomplished…
* [Ten things that bring me peace are…](http://uncustomary.org/self-love-prompts-ten-things-bring-peace/)
* I deserve love because…
* [Five things I’m grateful for today are…](http://uncustomary.org/self-love-prompts-five-things-im-grateful-today/)
* My perfect day looks like…
* [A beautiful person is…](http://uncustomary.org/self-love-prompts-beautiful-person/)

**Questions**

* [What is the best compliment you’ve ever received?](http://uncustomary.org/self-love-prompts-best-compliment-youve-ever-received/)
* [What emotions do you feel or associate with confidence?](http://uncustomary.org/self-love-prompts-emotions-associate-confidence/)
* What are questions to which you need urgent answers to?
* What qualities do you deserve in a romantic partner?
* What positive character traits do you have?
* [What will you accomplish in the next five years?](http://uncustomary.org/self-love-prompts-will-accomplish-next-five-years)
* [Why do you think it’s important to have high self esteem?](http://uncustomary.org/self-love-prompts-important-high-self-esteem/)
* [What are things you’d like to say ‘no’ to?](http://uncustomary.org/self-love-prompts-three-things-id-like-say-no/)
* Who appreciates you?
* What makes you unique?
* What would you do if you could live a day without consequences?
* How do you indulge yourself? How can you indulge yourself more often?
* [Who are your role models/idols? How are you already like them?](http://uncustomary.org/self-love-prompts-role-models/)
* [What is ‘enough’ for you?](http://uncustomary.org/self-love-prompts-enough/)
* [What would your teenage self love about you now?](http://uncustomary.org/self-love-prompts-teenage-self-love-now/)
* What does your best friend brag about when she talks about you?
* What makes you feel strong or invincible?
* What are times that make it very difficult for you to say “no” and what are some default responses you can come up with for next time?
* What is an area of life you could use help with and what are some resources you could utilize to get assistance?
* What are you good at helping other people at?
* [What is something you need to let go of?](http://uncustomary.org/self-love-prompts-something-need-let-go/)
* What area of yourself is it hardest to receive a compliment about?
* When was the last time you were a badass?
* [What would actually change if your body was “perfect”?](http://uncustomary.org/self-love-prompts-actually-change-body-perfect/)
* What do you love about your life?
* [When does your physical body feel happy?](http://uncustomary.org/self-love-prompts-body-feel-physically-happy/)
* How can having a positive attitude change my life?

**Other**

* [Write a pep talk to give yourself the next time you feel sad, upset, or full of doubt.](http://uncustomary.org/self-love-prompts-write-pep-talk/)
* [Write a letter to your teenage-self.](http://uncustomary.org/self-love-prompts-letter-teenage-self/)
* [Write a letter to your future-self.](http://uncustomary.org/self-love-prompts-write-letter-future-self/)
* [Write a love letter to your least favorite part of your body.](http://uncustomary.org/self-love-prompts-darling-uterus/)
* Write a short letter to yourself about why getting help is a strength, not a weakness.
* Make a list of inspiring quotes that provide you with encouragement. [[start here](http://uncustomary.org/30-quotes-about-self-love/)]
* What are your morals? What is important to you ethically? Think about things that are unbending parts of your value system that you refuse to compromise and then explain why.
* [Write a letter to your mental illness and let it know why it doesn’t define you.](http://uncustomary.org/self-love-prompts-write-letter-mental-illness/)
* Fill in the blanks: I have the most incredible \_\_\_\_\_\_\_\_\_\_. When I walk into a room people feel \_\_\_\_\_\_\_\_\_\_. It’s very easy for me to \_\_\_\_\_\_\_\_\_\_ because I’m so \_\_\_\_\_\_\_\_\_\_. I will continue to kick ass at \_\_\_\_\_\_\_\_\_\_ because I can’t stop being \_\_\_\_\_\_\_\_\_\_.