

Self-Love Journal

Prompts



By: Haunani
Holistics

WHAT DOES SELF LOVE MEAN TO YOU?

LIST 10 QUALITIES YOU LOVE MOST ABOUT YOURSELF

HOW CAN YOU PRACTICE SELF-LOVE MORE ON A DAILY BASIS?

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DESCRIBE A TIME YOU FELT MOST LOVED WHEN
YOU WERE YOUNG

WHAT ARE 3 THINGS YOU APPRECIATE ABOUT YOUR BODY? HOW
CAN YOU BE MORE LOVING TO YOUR BODY?

WHAT ARE YOUR TOP 5 PERSONALITY TRAITS?

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WHY SHOULD YOU SHOW YOURSELF SELF-LOVE?

WHAT IS SOMETHING YOU LOVE ABOUT YOUR LIFE
RIGHT NOW?

WHAT STEPS WILL YOU BEGIN TO TAKE TO IMPROVE YOUR
RELATIONSHIP WITH YOUR SELF & OTHERS?
