

25 Self-Love Journaling Ideas

by La Vie de Zee

Instructions: Pick out a fun journal and allocate space and time for peaceful contemplation. For each prompt, write out at least a few lines. Try to focus on feeling statements, ex: "I feel [x]." or "That made me feel [x]." Aim to complete at least one prompt per day.

1. What does self love look like to me? How can I embody it more?
2. What are the ways in which I abandon myself?
3. How can I keep the promises I make to myself?
4. Am I comfortable spending time alone? If not, why?
5. Is my self-worth conditional?
6. What beliefs do I have about love based on past relationships? Do I want to hold on to these beliefs?
7. What are the tangible ways in which I show myself love?
8. What are the intangible ways in which I show myself love?
9. Do I truly believe that I deserve love from myself?
10. How good am I at listening to my internal cues?
11. Do I trust my intuition?
12. How can I learn more about love, beyond what was modeled for me by my parents and past relationships?
13. Do I respect my feelings, or do I second-guess them? Do I suppress them?
14. How do I prioritize my own needs?
15. What is my inner self-talk like? Do I judge myself too harshly?
16. Am I relying on other people to meet my emotional needs, or am I meeting them myself?
17. What inner qualities am I most proud of?
18. What are some of the ways that I have grown as a person?
19. How am I honoring my dreams and life ambitions?
20. Do I honor the boundaries I put in place for myself and others?
21. Do I feel comfortable expressing "ugly" emotions?
22. What positive things would a close friend say about me? Do I agree? Why?
23. How would I describe myself to someone that has never met me? Is this a kind description?
24. Do I accept compliments as readily as I accept criticism?
25. Am I equally comfortable giving and receiving love?