

# Self Love Journal Prompts

My strongest personality trait is..

People love me because..

I love me because...

My strongest values as a person are...

What is the one thing that characterizes me....

I am a good friend because....

I am a good mother because....

I am a good daughter because...

I am a good wife because...

The 3 things i like most about my appearance are...

I am unique because.....

3 most important things i offer to people around me are..

I am a positive impact on other people's lives because...

5 things I do for myself on a daily basis are...

10 things that really make me happy are.....

My hobby is....

People want to be around me because....

The one thing i need to stop in order to get happier is...

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I forgive myself for.....

5 things i am grateful for are....

The one bad habit i need to stop asap is...

A new habit i need to adopt is....

10 things that make me smile are...

My goals for this week are....

Describe myself through the eyes of a loved one....

The one thing i want more of this month is....

My greatest challenge now is...

5 favorite places near my house i plan to visit this month are..

The one new thing i am going to try this month is...

One healthy habit i am adopting this month is....

My core values as a professional are....

I am good at my job because....

5 acts of kindness this month.....

I am proud of myself for....