

Self-Love

THROUGH JOURNALING

IG: @thepetiteplanner #SelfLoveThroughJournaling



1. What is your favorite personality trait?
2. How many people do you think you've made smile in your lifetime?
3. What would your children/future children say they loved about you?
4. What is one thing you look forward to every day?
5. Who is your hero, and what makes you two relatable?
6. Where do you see yourself in 10 years?
7. Look at your hands. Write something positive about them.
8. What does your 'best day ever' look like?
9. What's your one word of intention today?
10. Today I will/have accomplish(ed)...
11. What's your wildest lifetime goal and how can you achieve it?
12. Five things that make me really happy are...
13. How do you want to be remembered?
14. Write a thank you letter to your body for all it is capable of.
15. I forgive myself for...
16. What do you look and feel like when you are most confident?
17. What is something you do better than your peers?
18. Name 5 traits that make you a good person?
19. Free Write [positive]
20. What do you want more of in your life?
21. If you were a flower, what kind would you be?
22. What would make your teenage self-proud of you now?
23. Describe yourself through the eyes of a loved one.
24. List 24 things that make you smile.
25. My favorite quote is...
26. What does self-love mean to you?
27. What positive changes have happened in the last year?
28. I deserve happiness because...
29. What are 5 things you're grateful for this week?
30. How will you make next month a great month?