

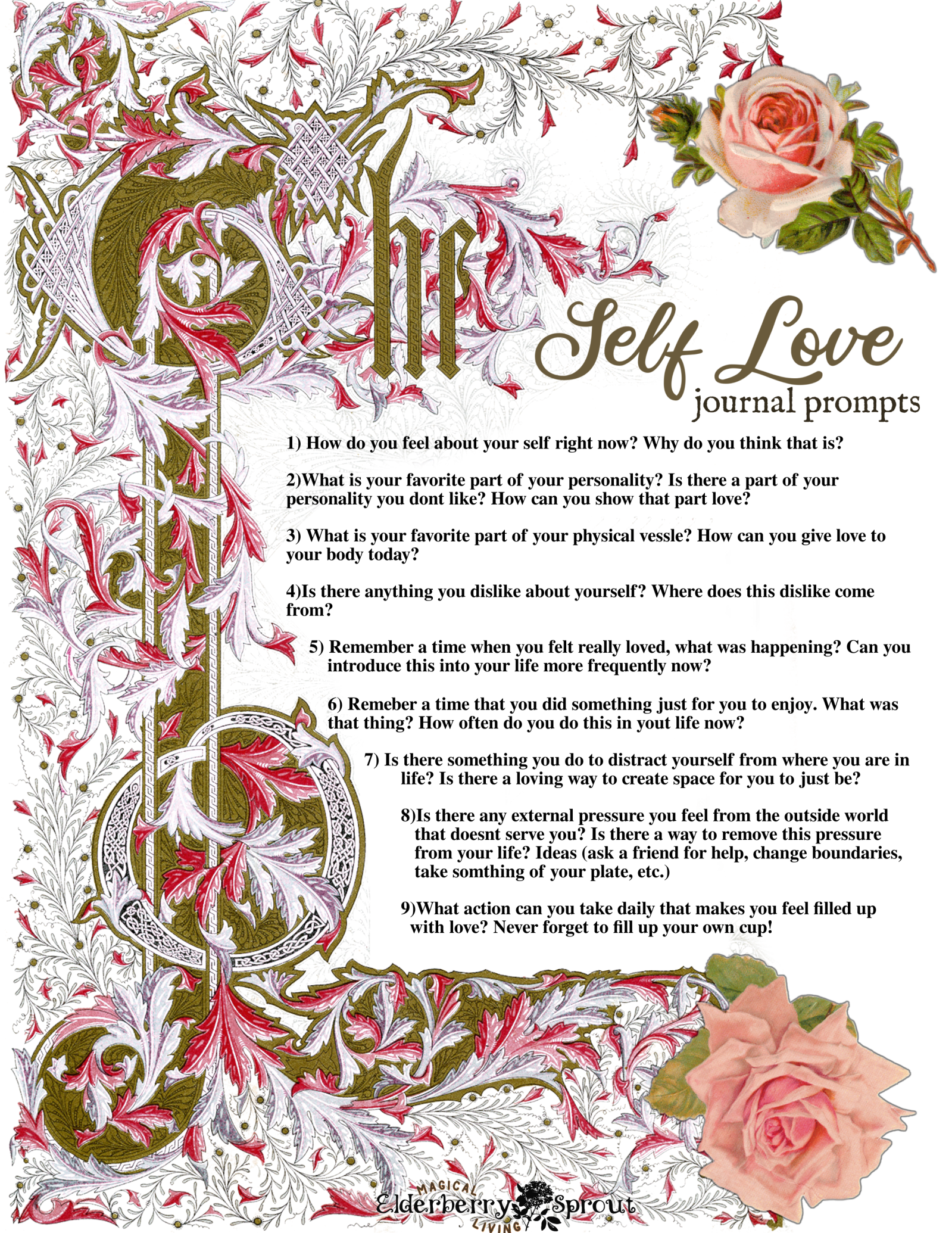


# Self Love

journal prompts

- 1) How do you feel about your self right now? Why do you think that is?
- 2) What is your favorite part of your personality? Is there a part of your personality you don't like? How can you show that part love?
- 3) What is your favorite part of your physical vessel? How can you give love to your body today?
- 4) Is there anything you dislike about yourself? Where does this dislike come from?
- 5) Remember a time when you felt really loved, what was happening? Can you introduce this into your life more frequently now?
- 6) Remember a time that you did something just for you to enjoy. What was that thing? How often do you do this in your life now?
- 7) Is there something you do to distract yourself from where you are in life? Is there a loving way to create space for you to just be?
- 8) Is there any external pressure you feel from the outside world that doesn't serve you? Is there a way to remove this pressure from your life? Ideas (ask a friend for help, change boundaries, take something off your plate, etc.)
- 9) What action can you take daily that makes you feel filled up with love? Never forget to fill up your own cup!



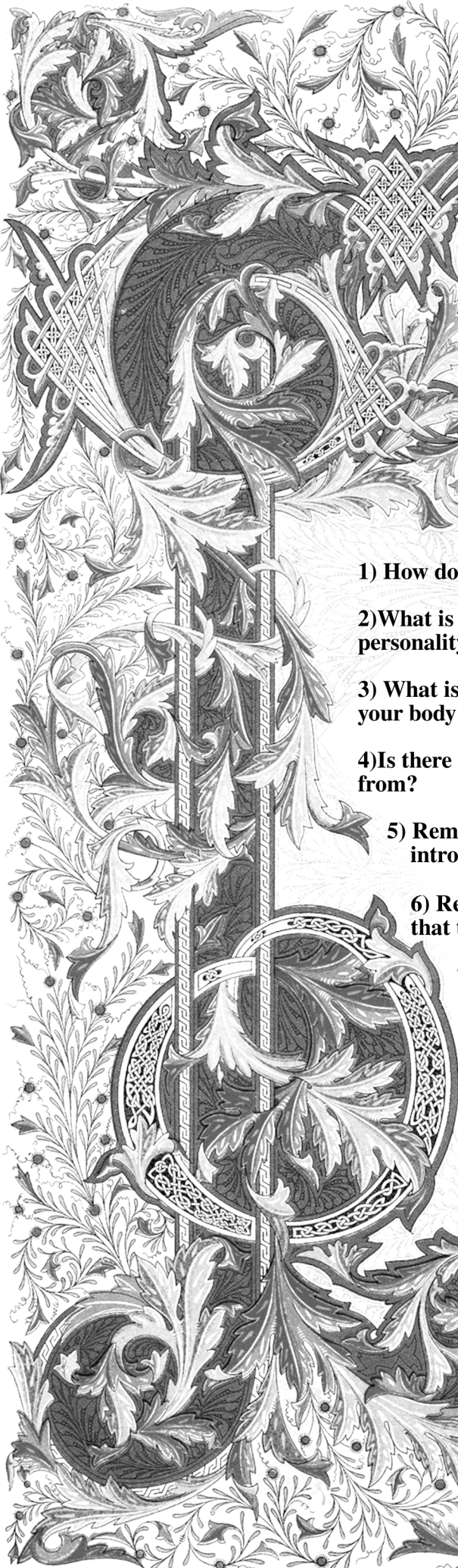


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