

Kidest OM

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12 JOURNAL PROMPTS FOR PRACTICING SELF-LOVE

You can use the following journal prompts to practice self-love. Daily or weekly setting time aside to check in on yourself is a great way to cultivate a loving, kind, caring, and nurturing attitude toward yourself. The more consistently you use prompts like these, the more you can habituate regarding yourself through a nurturing and positive attitude.

1. Five loving thoughts about myself today:	
2. Three things I appreciate about myself this week:	
3. Where do I need to set healthy boundaries?	
4. Where can I be more flexible today?	
5. What am I proud of this week?	
6. How did I express my self-respect this week?	
7. I matter to myself because...	
8. Which of my strengths did I express this week?	

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9. Which of my good qualities did I express today?	
10. How am I prioritizing my health and well-being this week?	
11. What challenging experience can I love myself through right now?	
12. How am I already strong and resilient?	

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Kidest OM is a personal development, manifestation, and consciousness expansion author and teacher with indispensable books and online courses designed to help you attract and manifest what you want.

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