

12 Self-Love Journal Prompts



By Kidest OM



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Professional Disclaimer

The information and exercises in this downloadable tool are intended for personal growth, educational, and inspirational purposes only. They are **not a substitute for professional medical, psychological, or therapeutic care.**

If you are experiencing physical or emotional symptoms that require professional attention, please consult a qualified healthcare or mental health professional.

All practices and tools shared here are meant to **complement—not replace—professional advice**, and should be used at your own discretion and responsibility.

How to Use These Journal Prompts



GETTING STARTED

Choose Your Rhythm



Use these prompts daily or weekly for sustained reflection

Create Your Space



Find a quiet, comfortable place to write without interruption

Be Honest



There are no right answers—authenticity over perfection

Start Small



If five feel like a lot, start with three and build up

Review Regularly



Revisit past entries monthly to notice patterns and growth

DEEPER PRACTICE

Write Fully



Use complete sentences—this engages deeper processing

Ask a Friend



If stuck: what would I tell a friend in my situation?

Notice Resistance



It often points to where self-love is most needed

Date Your Entries



Track your journey and growth over time

Celebrate Wins



Recognizing small progress builds real momentum

The Science of Why Self-Love Matters



Self-love, often called self-compassion in the research, means treating yourself with the same kindness and understanding you would offer a good friend.



Mental Health

Self-compassion is strongly associated with reduced anxiety and depression, and with greater life satisfaction and emotional resilience (Neff & Germer, 2013).



Improved Relationships

Self-compassionate people show greater relationship satisfaction and more supportive behaviors toward romantic partners (Neff & Beretvas, 2013).



Enhanced Motivation

It promotes intrinsic motivation and personal growth without the harsh self-criticism that undermines lasting change (Breines & Chen, 2012).



Physical Health

It is linked to better health behaviors, including improved sleep, healthier eating, and more consistent exercise (Sirois et al., 2015).

Your 12 Self-Love Prompts



Use these prompts to build a deeper, more compassionate relationship with yourself through structured, evidence-based reflection.

1

Five loving thoughts about myself today

7

I matter to myself because...

2

Three things I appreciate about myself this week

8

Which of my strengths did I express this week?

3

Where do I need to set healthy boundaries?

9

Which of my good qualities did I express today?

4

Where can I be more flexible today?

10

How am I prioritizing my health and well-being this week?

5

What am I proud of this week?

11

What challenging experience can I love myself through right now?

6

How did I express my self-respect this week?

12

How am I already strong and resilient?



Integration Practices



Weekly Reflection Questions

At the end of each week, take 10 minutes to reflect:

- What patterns do I notice in my responses?
- Which areas of self-love feel most natural, and which feel most challenging?
- What is one thing I did this week that demonstrated self-love?
- Where do I want to practice more self-compassion next week?



Monthly Check-In

- Looking back at my entries, what themes emerge?
- How has my relationship with myself shifted?
- What self-love practices have become more natural?
- What new areas of growth am I noticing?



Moving from Journaling to Action

- Choose one insight from your journaling to act on this week.
- Share your self-love journey with a trusted friend or therapist.
- Create a self-care ritual based on what your journal reveals you need most.

About Kidest OM



Kidest OM (Kidest Mengistu) is an author, teacher, and conscious evolution coach whose work bridges science, spirituality, and the art of conscious creation. Through her books, courses, and teachings, she helps individuals expand their consciousness, strengthen their energetic coherence, and manifest deeply fulfilling realities.

Kidest's frameworks integrate quantum biology, psychology, physics, and consciousness-first principles—offering clear pathways for embodying personal power, emotional intelligence, and well-being.

Her writing, videos, and tools empower you to experience your life as a creative field where consciousness, alignment and intention transform possibility into reality.

Learn more at infinite-life.com

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Life-changing! ✨

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Helpful and inspiring

★★★★★ 
Brilliant—could transform your life.

★★★★★ 
Must read!!

★★★★★ 
Indispensable

★★★★★  
I give it TEN stars!

Available in Print, eBook & Audio



Featured Course by Kideest OM



The Positive Emotional Intelligence Course

Learn how to self-regulate your emotions and elevate your baseline state of well-being. This transformative course integrates neuroscience and mindfulness to help you understand, process, and redirect emotional energy effectively.

You'll increase how often you feel good, improve relationships, and unlock higher levels of creative flow.

Learn more and enroll:

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Featured Book: Anything You Want by Kidest OM



Discover the timeless principles of manifestation from a consciousness-first perspective. *Anything You Want* guides you beyond surface-level techniques into a deeper understanding of how alignment, emotion, and attention shape reality. This bestselling book invites you to reconnect with your innate creative capacity and experience manifestation as a joyful, effortless flow of coherence between mind, energy, and life.

If you've ever wanted a clear, practical path to creating consciously—this book is your roadmap.

Get your copy at online book retailers worldwide.

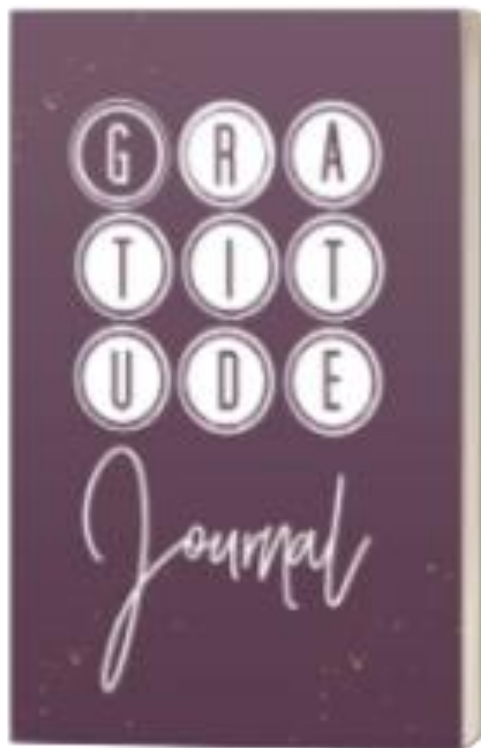


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Minimalist Gratitude Journal for Adults



Gratitude transforms perception and magnetizes more of what you love into your experience. This journal is designed to strengthen your appreciation, expand your sense of fulfillment, and raise your emotional vibration. Each page helps you attune to the energy of abundance and embody the mindset that attracts it.



A simple, daily practice to amplify joy, prosperity, and connection.

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