

THERE'S POWER IN A PAUSE

Self Love Journal Prompts

Breathe in and breathe out to unwind your mind, now let's focus on you! What are three things you love about yourself?

Take a moment to pause and speak kindly to yourself.

BONUS- Cut and display these affirmation cards in a visible place, as a reminder of your inner strength!

**I FORGIVE
MYSELF FOR MY
PAST MISTAKES.**

MISTAKES ARE O.K.

I deserve love
and happiness.

I am
grateful for
everything
my body can
do.

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Self-Love Journal Prompts



We all experience moments of self-doubt, it's part of being human! If you feel negative thoughts creep in, pause and reflect on all the amazing things that make you uniquely you!



Color in what you'd like more of in your life. As you color, think about ways you can make it happen!



LOVE

CONNECTION



HAPPINESS!



Write about a moment when you felt truly confident in yourself.



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Although no one welcomes tough times, they can teach us a lot about ourselves and how to cope with future bumps in the road.

BREATHING EXERCISE

Trace the line with your finger as you take deep breaths. Repeat 3 times

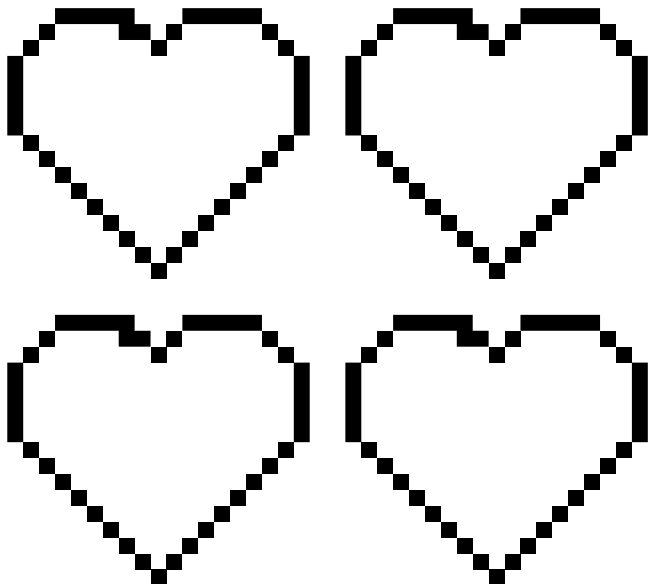
Write about a time you overcame a challenge and how it made you stronger.

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Self-Love Journal Prompts

Always be proud of who you are today, and all that you've accomplished! Write a letter to your younger self, offering words of love and encouragement.

Fill each heart with people, places or experiences that bring you happiness



New message

← → 🔍



To...

Subject...

SEND

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