

# There's Power in a Pause:

## Self-Love Journal Prompts for Teens

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!

<b>I DESERVE LOVE AND HAPPINESS.</b>	<i>I am grateful for everything my body can do.</i>	<b>I FORGIVE MYSELF FOR MY PAST MISTAKES.</b>	<i>I choose to let go of comparison and embrace my own journey.</i>
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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! Write about a moment when you felt truly confident in yourself.

Journal writing area with a row of 15 small squares at the top and several horizontal lines for text.



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

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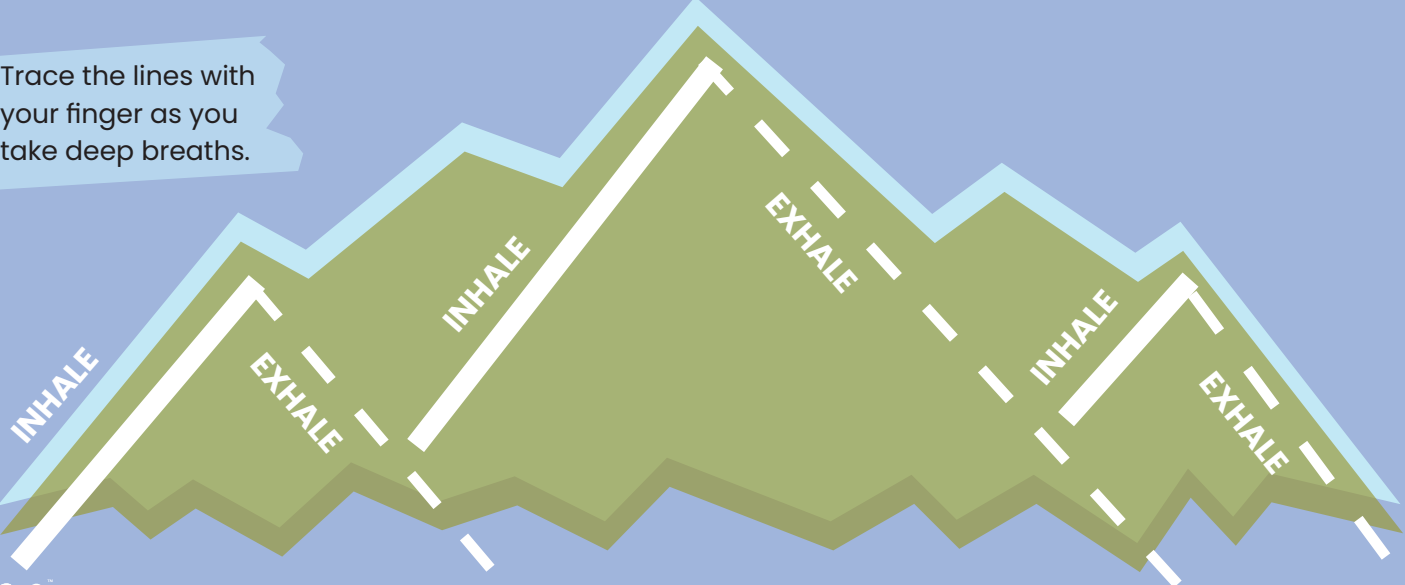
## Self-Love Journal Prompts for Teens

Although no one welcomes tough times, they can teach us a lot about ourselves and how to cope with future bumps in the road. Write about a time you overcame a challenge and how it made you stronger.

Journal writing area with a row of 15 small squares at the top and several horizontal lines for text. Light blue decorative tabs are on the left and right sides.

Pause and practice a deep breathing exercise to calm your body and brain.

Trace the lines with your finger as you take deep breaths.



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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.



A large white rectangular area with horizontal grey lines, serving as a journal space. It is decorated with pink brushstroke accents on the left and right sides.

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

