



Self Care Journaling Prompts

Part 2

- Where or how can I show myself more love?
- What opinions are keeping you from living your best life?
- What have you accomplished recently just for you?
- What is one modification you'd like to create in your morning routine?
- When do you feel most self-confident?
- If I could achieve one thing in the next month, what would it be?
- Who motivates you most in life?
- If I could achieve one thing in the next year, what would it be?
- What gives you genuine happiness?
- Who is your best friend, and why?
- What makes you feel strong and powerful?
- What is one accomplishment that you proud of yourself for?
- What characteristics do you think others appreciate about you?
- In what areas of your life do you wish you had more time?
- What could you do daily to make your life more enjoyable?
- If I could achieve one thing in the next three months, what would it be?
- What is your greatest accomplishment?
- What are five things that make you feel loved?
- One book that has positively influenced me is _____
- What does your best life look like?