

SELF LOVE JOURNALING PROMPTS

~KREE MOUNTAIN~

Be enough for yourself first, the rest of the world can wait.

- ★ WHAT ARE TEN THINGS YOU'RE REALLY GOOD AT?
- ★ WHAT ARE FIVE PHYSICAL FEATURES YOU LOVE ABOUT YOURSELF?
- ★ WHAT ARE THREE OF YOUR STRONGEST QUALITIES?
- ★ WRITE OUT A GRATITUDE LIST OF THINGS YOU'RE GRATEFUL AND THANKFUL FOR.
- ★ WRITE OUT YOUR IDEAL VISION OF YOUR DREAM LIFE
- ★ WRITE OUT A PERFECT MORNING ROUTINE TO STICK TO.
- ★ WHAT DO YOU LOVE MOST ABOUT YOUR LIFE?
- ★ WRITE YOURSELF A LOVE LETTER
- ★ WHAT ARE TEN THINGS THAT MAKE YOU HAPPIEST?
- ★ DESCRIBE YOURSELF POSITIVELY IN TEN WORDS

BONUS: WHAT ARE FIVE GOOD HABITS YOU WANT TO START NEXT MONTH?