

Self-Care Journaling Prompts



1. Describe 10 qualities that I love about myself
2. How do I practice self-acceptance?
3. What is a goal I want to accomplish and why?
4. I feel confident when...
5. I am grateful for...
6. What is one thing I did this month that I am proud of?
7. Think about the last 48 hours. What drains me? What brings me energy?
8. What are some of my strengths?
9. Write a list of things I want to start saying “no” to

What’s a choice I can make this week based on my needs?
