

# Self-Love Prompts

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1. WRITE DOWN ONE THING THAT YOU LIKE ABOUT YOURSELF TODAY.
2. WHAT DO YOU IMAGINE THAT SELF LOVE FEELS LIKE?
3. PLAN YOUR OUTFITS FOR THE WEEK.
4. WRITE A RESUME THAT LISTS YOUR CHARACTERISTICS (INSTEAD OF YOUR JOB EXPERIENCE).
5. NAME AN ACCOMPLISHMENT THAT YOU ARE PROUD OF.
6. WHAT MAKES A PERSON BEAUTIFUL IN YOUR EYES?
7. WRITE ABOUT SOMETHING THAT MAKES YOU HAPPY.
8. WRITE ABOUT WHY OTHER PEOPLE'S OPINIONS OF YOU ARE NOT IMPORTANT.
9. WHAT WOULD YOUR FRIENDS SAY IS THE BEST THING ABOUT YOU?
10. WHAT ARE YOU AFRAID TO SPEAK UP ABOUT AND WHY?
11. WRITE A WHOLE PAGE ABOUT YOUR BEST FEATURE.
12. CHOOSE AND WRITE ABOUT THE SELF-LOVE AFFIRMATION THAT SPEAKS TO YOU THE MOST.
13. WHAT'S THE BEST COMPLIMENT THAT YOU HAVE EVER RECEIVED?
14. WHAT IS A GRUDGE THAT YOU HOLD AGAINST YOURSELF?
15. WRITE A LETTER TO YOUR FUTURE SELF TELLING THEM THEY ARE LOVED.