

Journaling Prompts for self-love & positivity



- What is the most loving thing I've ever done for myself?
- How many people did I make smile in my lifetime?
- What do I need to start saying "yes" to?
- What is one thing I look forward to every day?
- Who are my role models?
- Where do I see myself in 10 years?
- What good habit do I want to begin?
- Today I have accomplished...
- What does trust mean to me?
- Write a thank you letter to your body
- What do I need to forgive myself for?
- What's one change in my life that I can make for more happiness?
- How can I learn to embrace imperfection in my life?
- What does my support system look like?
- How will I make next month a great month?
- What would make my teenage self-proud of me now?
- Picture your perfect day.
- What are 5 things I'm grateful for this week?
- Make a list of 10 things you do to relax.
- What does self-love mean to me?

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self-care for beginners

MIND, BODY & SOUL

Are you stressed a lot? Or are you bored out of your mind way too much? Both of these situations caused by an imbalance in your mental space. Proper self-care can bring back that balance and that is why I wrote a whole ebook about everything self-care to help you and others to get back into balance.

CHECK IT OUT

