

SELF CARE JOURNAL PROMPTS

1. When do I feel most at ease?
2. When do I feel most happy?
3. What am I most proud of?
4. When do I feel most confident?
5. What do I think my most powerful trait is?
6. What's my favorite way to spend time alone?
7. What recharges me the most?
8. What do I feel I'm sacrificing right now on behalf of others?
9. What do I need to forgive myself for?
10. Am I living my life in alignment right now?
11. What are three things I'd like to tell my past self?
12. What are three things I want to tell my future self?
13. Am I doing what I love for a living?
14. What does success mean to me?
15. What things am I doing to positively impact my future?
16. What's one positive change I want to make in my life?
17. Are there any thought patterns that are holding me back right now?
18. What's something I can do to step outside my comfort zone to grow more?
19. What drains my energy?
20. Am I happy with my friendships and most important relationships?
21. What's my relationship with money and do I need to change anything?
22. How am I making sure I recharge and avoid burnout?
23. What's my ideal income and how would my life change if I was earning that?
24. How do I feel about my body?
25. Are there any things I can do to take more care of my body?
26. What's my biggest challenge with money?
27. What's my biggest challenge with my emotional health?
28. What expectations do I have of myself that I'm not meeting?
29. What do I need to do to love myself more?
30. What would it feel like to fully accept myself?