

# Journal Prompts

Exploring your experiences through journaling can provide a safe outlet for letting go of anxieties and negative thoughts. Dedicate 15-20 minutes each day to writing whatever comes to mind using these prompts.

What are some of your favorite ways to practice self-care?

What do you need to let go of in order to take better care of yourself?

What is one thing you can do today to prioritize your well-being?

What has been a recent self-care win for you?

What do you love about yourself and why?

How can you incorporate more self-compassion into your daily routine?

What does your ideal self-care routine look like?

What are some self-care activities you can do when you're overwhelmed?

What is something you can do to pamper yourself right now?

What brings you peace and how can you incorporate more of it into your life?

How can you show yourself more kindness on a daily basis?

What are some things you're grateful for in your life right now?

What self-care habits do you want to start incorporating into your life?

What is something you can do to nourish your mind today?

What is something you can do to nourish your body today?

What are some ways you can make sure you're getting enough rest and sleep?

How can you cultivate more self-love and acceptance in your life?