

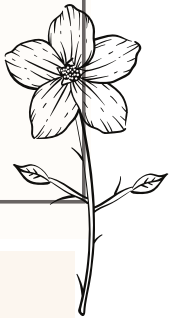
# SELF-CARE JOURNALING PROMPT



Life really has a pesky way of getting you down but it is important to keep your head up high and face some challenges. Before you face those challenges it is ok to break down, cry let it out and connect with your emotions...

1. HOW AM I FEELING TODAY?

2. WHAT ARE THE THINGS THAT MADE ME FEEL THIS WAY?



3. MOVING FORWARD, WHAT WILL I DO TO SHOW MYSELF SELF LOVE?

4. MY SMALL WIN TODAY WAS...



LOVE LETTER TO MYSELF:



# SELF-DISCOVERY JOURNALING PROMPTS

1. What are the qualities that make you unique and special?

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2. What are your passions in life?

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3. What are your biggest fears and how do you deal with them?

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4. What are your biggest accomplishments?

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5. What do you want your life to look like in 10 years?

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# SELF-DISCOVERY JOURNALING PROMPTS

6. If you could have one wish, what would it be?

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7. What is your biggest regret and how do you move on from it?

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8. What defines you as a person?

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9. Who are the most important people in your life?

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10. What do you love most about yourself?

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