

# **Bonus Self-Love and Self-Care Prompts**

- Which is my best feature?
- What are my favorite qualities about myself?
- How have I made myself proud?
- What makes me unique?
- Are there 3 ways I can show myself love today?
- What steps can I take to keep self-care a priority?
- What sidetracks me from self-care?
- How can I overcome or get past those issues?

# Bonus Self-Love and Self-Care Prompts

- How do I show self-love to myself?
- How can I make self-love a priority in my life?
- What gave me joy today?
- Did I take time for myself today?
- What promises am I making to myself today?
- What does self-love look like in my life?
- How can I take better care of myself?
- What did I do today that reflects my commitment to self-love?
- What does being kind to myself look like?
- Which qualities do I love most about me?