

# 30 Easy Self-Care Journal Prompts



1. List 5 self-care ideas that are appealing to you and why.
2. Describe your perfect day.
3. Define success.
4. Write down your top 10 travel destinations.
5. List 10 new books to read.
6. Journal your best qualities.
7. My perfect day would be.
8. List the top 10 things you're grateful for in life and why.
9. What's your favorite thing about your personality?
10. What is your biggest weakness? How can you start improving this?
11. List 5 goals for the next month.
12. I feel peaceful when.
13. Describe what self-care means to you.
14. What things are currently making you unhappy?
15. When do you feel most confident?
16. I am most relaxed when.
17. Where do I want to be physically and mentally?
18. What traits do you admire in someone?
19. List 10 things you like to do for fun.
20. Define what self-love looks like to you.
21. What bad habits do you need to stop?
22. What parts of life are you currently unhappy with?
23. How would you describe yourself?
24. Describe a time you were kind to a stranger. How did it feel?
25. If you could make a living doing anything you want, what would it be and why?
26. List 10 things you need to let go of.
27. What thought patterns are holding you back right now?
28. What is holding you back in life right now?
29. How can I love myself today?
30. What habits do you want to start for self-care?

With Love,

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