

The background is a solid teal color. On the left side, there are several long, thin, pointed palm fronds extending upwards. Faint, light-colored sunburst rays emanate from behind the text, creating a subtle pattern across the background.

Journal Self Care Practices



50 Writing Prompts Self-Care Practices



1. What am I most grateful for today?

2. What does self-care mean to me?

3. What makes me feel calm and in control?

4. When I try something new, I can encourage myself by...

5. What 3 things am I doing right now that don't serve me?

6. I practice self-care because I want to feel...

7. How do I recharge?

8. What can I do today that I couldn't do a year ago?

9. What limiting dreams are holding me back?

10. I can adjust this in the morning to improve my routine...

11.What is causing me stress right now?

12.Which acts of self-care make me feel happiest?

13.How can I stay focused and minimize distractions?

14.The things I most love about life are...

15.On a busy day, I can do the following to take time out for self-care...

16. I need to forgive myself for...

17. 3 things I can do to improve my self-care routine...

18. A habit I need to stop doing is...

19. In a difficult situation, I calm my nerves by...

20. My dream life looks like...

21. If it was impossible to fail I would...

22. Do you have a good morning routine? If not, how could you change it?

23. What do I want my legacy to be?

24. What has been stopping you from reaching your goals?

25. Who is your role model and why?

26. If it was impossible to fail I would...

27. Do you have a good morning routine? If not, how could you change it?

28. What do I want my legacy to be?

29. What has been stopping you from reaching your goals?

30. Who is your role model and why?

31. Today, I can honor my body by...

32. List three things you like about your appearance

33. Your best friend would describe you as...

34. One thing I struggle to let go of from my past is...

35. What are your unique personality traits?

36. Write about when you feel the most confident

37. List some of your favorite inspirational quotes

38. Brainstorm the things you'd love to do or try in the next year

39. What beautiful moments have you witnessed in your life?

40. Research and list 5 beauty self-care tasks you can try

41.What do you believe that you deserve in life? Assess why you feel this way

42.Write about the things you loved to do as a child

43.The main things that drain my energy are...

44.To avoid burnout I need to...

45.If I truly accepted myself, how would it feel?

46. The lessons I have learnt the hard way are...

47. Today, I would love to spend my free time doing...

48. My biggest fears are...

49. Three things I do well include...

50. The main thing on my mind right now is...







