

Journal Prompts: Speaking to Yourself With Love

Step 1: Notice Your Inner Voice

- Write down three common thoughts you catch yourself saying when you make a mistake.
- Describe how those words make you feel in your body, mood, or energy.
- If a friend said those things about themselves, what would you tell them?

Step 2: Rewrite the Script

- Take each of the thoughts you wrote down and rewrite them into more loving, compassionate statements.
- Choose one of those loving statements and write it as if you were giving yourself advice.

Step 3: Practice Daily Loving Self-Talk

- Write a gentle morning affirmation you can say to yourself before starting the day.
- Write a calming phrase you can use when you feel overwhelmed or anxious.
- End with one thing you are proud of yourself for today, big or small.

Step 4: Anchor Your Progress

- Reflect: After writing these new loving phrases, how do you feel right now compared to before you started?
- Describe one moment this week where you will intentionally use your new inner language.

Tip: Keep this journal entry somewhere you can revisit it often. Place it on your nightstand, in your phone notes, or tape it to your mirror so your loving words become your default voice.