

Love Letters to Yourself

Journal Prompts for Inner Warmth

Use these journal prompts to write love letters to yourself. They will help you reflect on your strengths, honor your growth, and build a practice of gentle self-talk.

Journal Prompts:

- Write about a moment in the past week when you felt proud of yourself. What did you do, and how can you celebrate it more?
- List five things you admire about yourself, inside and out.
- Write a letter to the version of you from five years ago. What would you thank them for?
- Write a note to your future self, encouraging them through whatever challenges they may face.
- Write a loving affirmation that begins with “Dear Me” and ends with a promise you want to keep.

Keep these love letters somewhere safe so you can revisit them when you need a reminder of your worth.