

FREE JOURNALING PROMPTS

Self-Love

Journaling prompts for noticing how you actually treat yourself — and rewriting the rules you never agreed to.

Why journaling

Journaling is one of my favorite techniques — and one of the fastest. Done with honesty, it lets you detect your patterns quickly: make them conscious, see the current picture clearly, and from there, make decisions that are in alignment with where you're actually heading.

A few things before you start. Write by hand if you can. Don't edit yourself — the first answer is usually the honest one, and the second is usually the presentable one. And if a question stings a little, that's not a reason to skip it. That's the one holding the pattern.

The pattern

Self-love isn't a mood. It's a pattern of how you treat yourself — and patterns can be seen.

- 01 How do I speak to myself when I make a mistake? Whose voice does that actually sound like?
 - 02 In which situations do I abandon myself first — before anyone else gets the chance?
 - 03 What do I keep tolerating that I promised myself I wouldn't?
 - 04 When do I feel most like myself? When do I feel furthest away?
 - 05 What is repeating in the way I treat myself — across work, relationships, my body?
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The honest part

Slowly, and honestly. These are the load-bearing ones.

- 01 Where am I betraying myself to be liked, chosen, or kept?
 - 02 Finish the sentence: I am worthy of love when...
 - 03 Finish the sentence: if people saw the real me, they would...
 - 04 Finish the sentence: I don't allow myself to...
 - 05 What am I most afraid I'd discover if I stopped performing?
 - 06 If I fully accepted myself today — is there an internal fear I've been avoiding? What would I have to stop chasing?
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The rewrite

You don't have to earn your way to this. You just have to decide what stays.

- 01 Where did I learn how to treat myself? Do those rules deserve to keep running my life?
 - 02 Which beliefs about my worth need to be rewritten — and what would I write instead?
 - 03 Am I treating myself the way I'd teach someone I love to be treated?
 - 04 What actions can I take daily to associate with that new identity?
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What you just made conscious, you can now work with.

If a pattern surfaced in these pages and you want to trace it to its root, that's exactly what my 1:1 consultations are for — a constellation works directly with the subconscious to find where the pattern actually starts. Each consultation runs 1–1.5 hours.

Book a 1:1 consultation — DM me on Instagram: [@mariya_popkov](#)