

# 30 JOURNAL PROMPTS FOR LOVING YOURSELF & LOVING OTHERS

1. Who inspires me the most to take care of myself & what qualities of theirs would I like in me?
2. What qualities of mine would I like my kids or future kids to have?
3. How good does it feel when someone compliments something I know I'm good at?
4. Am I the same person I was 5-10 years ago & am I aware that I am better today than I was then?
5. What could I do everyday to remind myself I am valuable?
6. If I have a hard time loving someone who is a "loved one", how can they treat me better?
7. How much does it take for me to realize I have to treat them the way I want to be treated first?
8. How can I remind myself that showing others the way I want to be treated is an act of leadership?
9. When I take time to recover from conflict, do I do it with vengeance or grace?
10. Am I aware that what I go through is meant to build me up so I can love others better ?
11. Are my relationships at home a reflection of what my relationships are outside my home?
12. Being responsible for my actions, how aware am I throughout the day that it begins with my thoughts ?
13. Knowing that I get love for reacting with love, would I still be an example to someone who isn't loving ?
14. What will it take for me to stop caring & how can I leverage myself when I'm being taken advantage of?
15. Which has more value to me, respect or love.....why ?
16. Could I see myself in others when I see the good parts in them?
17. Could I see myself in others when I see the bad parts of them or do I judge them more so?
18. When I want to be understood, how can I speak in a way that they might not judge me?
19. What is my best quality that I want more people to have and why?
20. What is my worst quality that I want more people to be patient & forgiving about, & why?
21. When I see someone taller, skinnier, & better looking than me, what are my first thoughts?
22. Can my initial attitude (good or bad) about a person's appearance be a benefit to myself?
23. Have I made a person smile or laugh today?
24. Did anything make me smile & think positive today or remember something funny in the past?
25. Did anyone I came across today say "Thank you" to me & have I expressed my appreciation to anyone?
26. What situations or things remind me to take care of myself more so I can give my best to others?
27. Thinking of tomorrow, what will I do differently today?
28. When it comes to showing love or sharing anything, how will my gratitude make me more generous?
29. Is there anything in the past that has caused trouble for me today or this week?
30. When things get tough, do I believe that forgiving my self/the person(s)/situation or the remembrance that I have already forgiven help me to keep loving? The n

## Here's a few more questions. :P

Do you think these questions would help you understand yourself more?

Do you think they could benefit you and your relationships?

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