

30 JOURNAL PROMPTS FOR LOVING GOD, LOVING OTHERS, & LOVING YOURSELF

- DAY 1: Who inspires me the most to take care of myself & what qualities of theirs would I like to see more in me?
- DAY 2: What qualities of mine would I like my kids or future kids to have/develop?
- DAY 3: How good does it feel when someone compliments something I know I'm good at?
- DAY 4: Am I the same person I was 5-10 years ago? Am I better today than I was then? If not, what do I know I must do to be better?
- DAY 5: If there's one thing I can do everyday that will remind me I am valuable, what would it be & why?
- DAY 6: Excluding love, what do I believe is the most important quality to have? What do I want others to admire in me if I had more of this quality?
- DAY 7: If I have a hard time loving someone who is a "loved one", how can they treat me better so that I can understand them better?
- DAY 8: Receiving the love I want/deserve depends on how I view others. How do I view the people that care about me the most? How do I view the people that I care about the most? Does my view of myself match how I view those people?
- DAY 9: When I take time to recover from conflict, do I normally do it with vengeance or grace? What do I believe in my heart God thinks about this?
- DAY 10: Are my relationships at home a reflection of what my relationships are outside my home? What habits can I start working on to improve my relationships?
- DAY 11: Being responsible for my actions, how aware am I throughout the day that it begins with my thoughts? What can I possibly do to realize this more often?
- DAY 12: When was the last time someone truly appreciated me? What did I do or say? How did I feel about it?
- DAY 13: Knowing that I get love for reacting with love, would I still be an example to someone who isn't loving? If not, what is holding me back?
- DAY 14: If for some reason I am being taken advantage of because I'm too kind, what will it take for me to stop caring & how can I leverage myself when I'm being taken advantage of? Do I have any strong convictions about this? Does this match what I believe God thinks of me?
- DAY 15: Which has more value to me, respect or love? Why ?

- DAY 16: Deep gratitude is an attitude of people who intentionally make loving a habit. What is one thing I am grateful for today. What is one thing I am grateful for this past week? What one thing am I grateful for this past month?
- DAY 17: Gratitude makes me more generous. What have I shared with someone today or what have I done to be selfless? How did it make me feel?
- DAY 18: Relating to others is a quality kind and compassionate people have. Could I see myself in others when I see the good parts in them? Could I see myself in others when I see the bad parts of them or do I judge them more so?
- DAY 19: What is my best quality that I want more people to have and why? What is my worst quality that I want more people to be patient & forgiving about, & why?
- DAY 20: When I see someone taller, skinnier, & better looking than me, what are my first thoughts? Can my initial attitude (good or bad) about a person's appearance be a benefit to myself? Why or why not?
- DAY 21: Have I made a person smile or laugh today? Have I inspired or encouraged someone day?
- DAY 22: Did anything make me smile & think positive today or remember something funny in the past?
- DAY 23: God loves me no matter how unloving I have been towards Him, myself, or others. Am I doing anything to realize this everyday? How can I pray so that I don't take His love for granted?
- DAY 24: Did anyone I came across today say "Thank you" or "I love you" to me? Did I expressed my appreciation? If not, will I mindfully/intentionally reciprocate the next time I have a chance?
- DAY 25: What situations or things remind me to take care of myself more so I can give my best to others?
- DAY 26: Thinking of tomorrow, what will I do differently today with love to get the result(s) I want?
- DAY 27: Is there anything in the past that has caused trouble for me today or this week? Did I show love? If not, how could I have shown love?/more love?
- DAY 28: How did I feel this morning when I got out of bed? Whether good or bad, did I do anything intentionally because of how I felt? Did any aspect of it contribute to how I'm feeling now?
- DAY 29: If I wrote a love letter to myself 10 years from now, what would it say?
- DAY 30: God sees all my efforts. What have I done today that He would be proud of?

Here's a few more questions. :P

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

Do you think they could benefit you & your relationships?

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