

Journal Prompts for Self Reflection

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- 1. How do you practice self care for your mind, body and soul?**
- 2. What are 3 things you love about yourself?**
- 3. What is your self love language?**
- 4. What does self compassion mean to you?**
- 5. What does your inner critic say on repeat?
How would showing yourself self compassion
change the inner critic narrative?**
- 6. The first self care behaviors I let go of when
I am struggling are...**
- 7. Write about 2 or more things that let you
know it is time to rest your own mind and
body. What can you implement for self care
during this time?**
- 8. What is the best self talk sentence that
makes you feel good?**

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