



Journaling Inspiration

for self appreciation

- What small habits could you incorporate into your day or week as little acts of self care?
- When do you feel most alive and in your element?
- Why might you struggle to focus or remember positive thoughts or feelings about yourself?

"You deserve someone who makes you feel like the otherworldly creature you are. Yourself."
-Amanda Lovelace





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- What do you need to forgive yourself for?
- What would you try if you couldn't fail?
- How often does your mental dialogue turn harsh toward yourself? How do you shift it toward self-compassion?

"Forgive yourself for not
knowing what you didn't
know before you learned it."
- Maya Angelou





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- What are your underrated strengths?
- What makes you feel beautiful and vibrant?
- How do you show your body appreciation?

"You yourself, as much as anybody in the entire universe, deserve your love and affection." -Buddha





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for self appreciation

- What are 5 traits you love about yourself?
- What are 3 characteristics that make you wonderfully unique?
- How do you reinforce your own sense of value?

"Success is liking yourself, liking what you do, and liking how you do it."
-Maya Angelou

