

LOVE LETTER TO YOURSELF PROMPTS

HIGHLIGHTING YOUR BEST TRAITS

- What do you like most about yourself?
- When you describe yourself to others, how do you do it?
- What are you most proud of about yourself?

APOLOGIZING FOR ANYTHING YOU'VE DONE TO YOURSELF

- What grudges do you hold against yourself?
- When you are mad at yourself, what are you mad about?
- What regrets do you have?

ACCEPTING YOUR MISTAKES

- What mistakes have you made?
- What good came from those mistakes?
- What did you learn about yourself from those mistakes?

SHOWING SUPPORT FOR YOUR DREAMS

- What do you want to achieve?
- What do you need in order to achieve it?
- How can you make sure you get what you need to achieve it?

THANKING YOURSELF

- What have you accomplished this year?
- What did you do to make those accomplishments happen?
- What are you most thankful for about yourself?

