

Self-Love Sentence Stems

Filling in The Blanks With Self-Love

Keeping a journal is one expressive - and often therapeutic - way to boost self-awareness while learning to nurture more kindness and acceptance towards yourself.

If journaling or self-love don't come naturally to you, use these stems to find inspiration.

Simply fill in the blanks!

20 Self-Love Sentence Stems

This resource is designed to make your self-love journaling much easier with sentence stems.

Simply complete the phrases in your own journal, and if it comes naturally to you - add more for later.

1. *The three things I love best about myself are:* _____, _____, and _____.
2. *I'm exceptionally good at* _____.
3. *I am showing more interest in* _____.
4. _____ *is something I really want to cultivate more of in my life.*
5. *This week, I'm going to reward myself by* _____.
6. *I hereby choose not to worry about* _____.
7. *I've been told I have great* _____.
8. *I deserve to feel good because I do my best to* _____.
9. _____ *is something about me that others have admired.*
10. *I'm really looking forward to* _____.
11. _____ *and* _____ *are two people who give me strength.*
12. *I choose to be proud of having* _____ *because I deserve it.*
13. *This week I've gotten better (even just a little!) at* _____.
14. *I can't change* _____ *about myself, and I choose to accept it.*



15. *Each day, I get stronger and better at _____.*
16. *I make others happy because I _____.*
17. *Today, I feel great because I managed to _____.*
18. *I am _____ and that's something I love about me.*
19. *My ability to _____ is something I've always been proud of.*
20. *This week, I'm giving myself a break from thinking about _____.*