

Journal Prompts For Self-Compassion

Write some messages to yourself to bring kindness and healing.

"MY INNER CRITIC VS. MY INNER ALLY"

Write a conversation between your inner critic and your inner ally. What fears or beliefs drive the critic? What truths and encouragement does the ally bring? Who do you want to give the microphone to today, and why?

"A LETTER TO MY PAST SELF"

Write a short, compassionate letter to a younger version of yourself—someone who was struggling, confused, or overwhelmed. Offer understanding, kindness, and reassurance from where you are now.

"WHAT I'M LEARNING TO ACCEPT ABOUT MYSELF"

Write a short, compassionate letter to a younger version of yourself—someone who was struggling, confused, or overwhelmed. Offer understanding, kindness, and reassurance from where you are now.