

# Self-Lift Prompts

{ You + journal + self-lift prompts = an uplifted self }

I accept that I...

I forgive myself for...

I free myself from...

I give myself permission to...

I'm proud of myself for...

I allow myself to...

I trust myself to...

I love myself because...

I feel free and alive when...

I feel...

I believe...

I love...

I hope that...

I'm thankful for...