

Self-Love Journal Questions for Poets

Hi there, poet.

Take yourself on a creative date, find a cozy coffee shop, and work through the prompts, or light a candle and prepare a favourite tea at home. Do a prompt a day for a week or do them all at once. However and wherever you choose to write, stay kind, open, and curious with yourself.

Use this page if you're writing in your own journal. If you're not using your own journal, print off the subsequent pages with space to write and doodle below each prompt.

With love, Kim xo

Journal Prompt 1

What is one creative win you experienced recently? (and yes – taking the time to do these prompts is definitely considered a creative win!) How did it feel to you?

Journal Prompt 2

What is one poem or poet you truly love? When you re-read the poem or the poet's work, how do you feel? What do you love about it? (Stay focused on poetry you love, not poetry you think you should love or someone else put on a curriculum.)

Journal Prompt 3

What do you love about your own poetry? Name three things as quickly as you can:

Journal Prompt 4

What is one thing you can do this week to celebrate and show gratitude for your own creative talents?

Journal Prompt 5

Do you make time for creative play in your weekly schedule? How could you bring in more moments of play to refill your own creative and poetic well?

Journal Prompt 6

Do you make time for true rest in your weekly schedule? What do you need to include in your life to feel truly rested?

Journal Prompt 7

What do you love about poetic language? What do you love about writing poetry? Where does the magic come from for you? Note down all the things you love about the act of writing poetry and poetic language.

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