



The Live More Journal: 52 Prompts to Help You Learn About & Love Yourself

Nicole Liloia

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The Live More Journal is a book of 52 writing prompts that can be used to help you learn about and love yourself more. These prompts can be used once a week (or whenever you want!) to help you create a relaxing and enjoyable self-care ritual. Journaling can be used as a tool to manage stress, get clear on what makes you happy, and even fall in love with yourself a little more! The journal prompts allow you to gain deeper insight into all areas of your life including: Your career + finances Relationships Mindset + motivation Self-love + other emotions Your future + goals

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