



Journal Prompts

for self-worth & confidence

You have value, right here, right now

1. Who are the cheerleaders in my arena? How?
2. What makes me feel bad about myself? Why?
3. What makes me feel good about myself? Why?
4. When and where was I most happy and confident in the past? Why?
5. What holds me back from being my true, most confident self?
6. What are my biggest fears? Why?
7. What makes me the most happy in life? Why? How?
8. What have been my greatest achievements?
9. What have I done that I was once terrified to do?
10. What does my best look like when I'm feeling strong, energetic and happy?
11. What does my best look like when my levels are at fifty percentage?
12. What does my best look like when I'm feeling low, tired, or anxious?
13. What hard things have I overcome or accomplished in the past?
14. What ways have I challenged myself? What ways could I challenge myself further this month or year?
15. Who do I go to for advice? Why? What do they offer?
16. What do I feel confident giving advice about? My expertise...
17. Whose opinions and advice matters to me? Should it? Why?
18. Who or what empowers me? Makes me feel good, strong, powerful, motivated?
19. What do I need to do each day to feel happy and healthy? What does my best self need to show up as each day?
20. Do I show myself compassion and kindness for being human? If not, how could I treat myself how I would treat a child or an animal or a best friend?
21. What are my strengths? Best traits, achievements, knowledge, high points...
22. What animal embodies my best qualities? How and why?
23. I feel powerful when...
24. I believe that _____ takes my power away. I feel weak and low when _____ Why?
25. My role models, idols, heroes are _____ This is because they embody the qualities of...