

Journal Prompts For Confidence

1. Write about a time when you overcame a challenging situation. How did it make you feel?

2. What compliments do people often give you? Write them down and reflect on why others see these positive qualities in you.

3. Write about a time when you took a risk, even if it didn't turn out as planned. What did you learn from the experience?

4. Recall a time when you received constructive criticism. How did you learn from it?

5. Write about a challenge you faced in the past that you don't think you could have overcome if you weren't confident in yourself. How did you find the strength to push through it?

6. Make a list of your strengths and read it daily for a week.

7. What is one thing you would do if you were not afraid of failing?

8. What are some small steps you can take towards achieving a goal? Write them down and celebrate each step you take.

9. What can you do to challenge yourself and push beyond your comfort zone?

10. What can you do today to make yourself feel proud?

11. How have you made a positive impact on someone's life?

12. Think of a role model or someone you admire for their confidence. What qualities do they possess that you can adopt in your own life?

13. How have you taken care of yourself lately?

14. What do you need to let go of in order to move forward with confidence?

15. Write a letter to yourself, listing all the things you love about yourself.

17. What kind of positive affirmations do you use or could you use to boost your confidence? The following are some examples:

- I am confident and capable in everything I do.
- I trust in my abilities and believe in myself.
- I radiate confidence and positivity wherever I go.
- I embrace challenges as opportunities for growth and learning.
- I am deserving of success and happiness.
- I have the courage to take risks and pursue my dreams.
- I am worthy of love and respect, including my own.
- I stay focused on my goals and trust in the journey.
- I am proud of who I am and what I have accomplished.
- I choose to let go of self-doubt and embrace self-confidence.

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18. What are five things you're grateful for today?
