

JOURNALING:

Self-Confidence

Journaling allows us a safe space to prioritize problems, fears, and concerns. It allows us to process emotions and situations that may be weighing on us. You can organize your thoughts, set and achieve goals, self-reflect, relieve stress, and inspire creativity. Journaling is a form of therapy as you are holding a conversation with the person who knows you best: you.

1. What would you do if you knew you could not fail?
2. When do you feel the strongest?
3. What are your greatest strengths? Write specific examples of actions, behaviors, or accomplishments that demonstrate them.
4. How do you want to be remembered, and what do you need to do to be remembered this way?
5. What are the qualities you have that make you unique?
6. What is the best compliment you've ever received?
7. Write down 3 things that you have done for others that made you feel good.
8. How would your best friend describe you?
9. What have you achieved that you are proud of?
10. Write about the last time you were proud of yourself.
11. Write a list of your favorite positive affirmations.
12. Write about a recent challenge you were faced with and how you persisted despite the outcome.

