



46

Journal Prompts
for
Self-care & Confidence

Why Journal

There are as many reasons for journaling as there are different types of journals. But today, we are specifically discussing self-esteem journaling. Taking the time to write responses to these prompts may be what sparks the idea of creating a special routine just for you each day



Maybe you never really thought about it before, but now that you're writing in your journal every day, you have the desire for a few minutes alone — to think, dream, write...to be comfortable being alone with yourself and your thoughts.



Maybe you never really thought about it before, but now that you're writing in your journal every day, you have the desire for a few minutes alone — to think, dream, write...to be comfortable being alone with yourself and your thoughts.



Daily journaling can help you feel more relaxed and better about your days and yourself. As the thoughts move from your head to the paper, you may also start to feel like there's a little extra space for the other thoughts you deal with every day. This is a fantastic form of self-care.



Don't be afraid of the journey ahead of you, and do your best to respond honestly to ALL of the prompts. Some of them may feel uncomfortable. That just means you're getting real with yourself... and that's a GOOD thing.

What
to
say...

If you're making these journal prompts a part of your self-care practice, then you only want to associate the experience with positivity. Sure, you may write about difficult things at times, but the overall feeling you get from journaling should be satisfaction and maybe even relief at getting the 'stuff' out of your head.

So find a comfortable quiet place, grab a tea or protien smoothie, and have a date with your thoughts...



1. How has your life changed over the past year? How do you feel and how are you coping with the changes?
2. What's the best thing about being a woman/man in this time period?
3. What are some issues women/men must deal with today that previous generations didn't both positive and negative? What can you do to make the changes you want to see for women/women today?
4. What are your top 3 values? How can you intentionally live those values every day?
5. Do the women/men in your family share any personality or physical traits? How has that affected your opinions of how women/men should look and behave? Are there any perceptions about this that you want to keep or change?
6. Do you feel financially secure right now? Then, write about your financial plans for the next year.
7. Is there a woman/man in your local community who inspires you? Write about them and why they are an inspiration.
8. List 3 things you want close friends and loved ones to remember about you after you're gone.
9. What does feminism/masculinity mean to you? Why or why not?
10. How do want to feel deep inside every day? Connected, peaceful, motivated, calm, accomplished, engaged, inspired, relaxed, etc.? One of these may turn into your 'one word' in the next exercise, so be very thoughtful and specific.



JOURNAL PROMPTS



11. Choose one positive word you'd like to focus on this year. Brainstorm a list of ways you can use that word to enhance and inspire your days and actions.

12. What are 4 qualities you believe women/men should have and 4 qualities the opposite sex from you should have? Did you make the same list for both, or were they different? If they were different, why? What does that tell you about how you think about men and women?

13. What in your life has been the most difficult thing to forgive and let go of? It may not be the worst thing, but the thing that lingered in your mind that you just couldn't let go of. If it's still lingering, then write a letter to the person who wronged you (this is for your private journal, so feel free to be completely honest) and then try again to forgive and forget.

14. What memories do you think about most often? Are they private memories or times you shared with many others? Are they happy or sad memories? Do you need help working through the emotions surrounding those memories?

15. Who does the 'domestic' chores (laundry, cooking, cleaning, etc.) in your home? How do you feel about that? How would you like this done in your own home?

16. Honestly ask and answer: Are you doing the things it will take to achieve your dream life? If you continue doing all the same things, can you have your dream life in 3-4 years? If not, how much closer will you be and what might you need to change?

17. Write a one-year bucket list of things you'd like to accomplish or experience.



18. What do you think it means for women to support women? What do you think it means for men to support men? How do they need to support each other? Do you think it's important? Why or why not?

19. As humans, most of us feel most fulfilled when we help others in some way. Using your unique gifts, whom can you serve? What does that look like to you?

20. What is one thing you absolutely must begin saying 'yes' to? Why? What is one thing you absolutely must begin saying "no" to? Why?

21. What is the best compliment you have been given? How did it make you feel?

22. What is a unique talent you have?

23. Write about a time you were recognized for your accomplishments at work or school.

24. Name 5 things you did right today, no matter how small or seemingly insignificant.

25. Describe a mistake you made in the last week. How can you prevent the same mistake again and be self-compassionate about what happened?

26. Discuss 3 reasons why you deserve to be loved.

27. Think about a time when you regretted your decision. Write out how you felt and create a written apology for yourself.



28. CONFIDENCE: Write what this word means to you. How can improve your confidence?
29. Create a list of goals you plan to accomplish in the next year. Choose your three priority goals that you plan to focus on most.
30. Devise a plan for each of your three priority goals. How do you plan to make the dreams a reality?
- 31.. What is the most negative thought in your brain right now? Discuss how you can eliminate it from your mind.
- 32.. COURAGE: What does this word mean to you? How have you shown courage recently?
33. Write about past fear you were able to overcome. How did you feel before and after the experience?
34. Pen a thank you letter to your mind and/or body.
- 35.. Discuss something you want to learn, improve, or change that would make you feel better about yourself. Create an action plan to get this taken care of.
36. Write down your favorite confidence and self-esteem quotes from the internet as a reference page when you need motivation.
37. Write about something you need to tell someone who is negatively affecting your life. What boundaries do you need to set with them and with yourself to create more joy and positivity in your life?
38. Discuss your support system for times you are feeling down on yourself. How do they help boost your confidence?



JOURNAL PROMPTS



39. Create a playlist of mood-boosting songs and why you enjoy listening to each when you need a lift. What songs will you add?
40. How could you make your life more positive?
41. Do you compare yourself to others? Discuss how this could be harmful to your self-esteem.
42. What unique traits do you have that your friends envy?
43. Discuss one thing you can do RIGHT NOW that your future self will love you for later.
44. BRAVE: What does this word mean to you? When have you been brave in the past?
45. List 5 things you've done for others that made you feel good about yourself. What qualities and traits do you have that allowed you to be able to do this for them?
46. What does it mean to you to have high self-esteem or confidence? What does conceit mean? How can you show up confidently in the world and let go of your fear of appearing conceited?