



JOURNALING PROMPTS
FOR CONFIDENCE & SELF LOVE

Journaling Prompts

FOR CONFIDENCE AND SELF LOVE

- **What do you want to do this month?** What are 3 goals you have for March? List some action steps you can take to accomplish them?
- Write down 5 daily affirmations for March – choose from the list below
- Write an entire page of things you love about yourself.
- What is something others admire about you?
- What is something unique about you?
- What are some emotional or personality attributes you love about yourself?
- How often do you practice self-care? In what ways do you take care of yourself?
- List some ways you can pamper yourself.
- What is something you want to do for yourself that you have been putting off?
- What is your definition of being confident?
- What makes you feel confident or good about yourself?
- Where do you think your confidence comes from?
- How do others make you feel confident?
- What is something you are confident about today?
- **Mid-Month Review:** How are your goals for this month coming along? What can you accomplish in the remainder of the month?
- List 5 things you are very good at.
- What do you wish you were better at?
- How are your social interactions?
- What first impressions do you give other people?
- What insecurities do you have?
- Where do you feel your insecurities come from?
- What is something you need to release?
- How can you treat yourself better?
- What are 5 things you can do for yourself this week?
- List 10 reasons you are grateful for yourself
- How often do you seek validation?
- What are some ways you can start validating yourself?

Affirmations

FOR CONFIDENCE AND SELF LOVE

I deserve love and respect
I am constantly trying to improve my life
I prioritize my happiness
I believe in myself
I believe in my own power
Today I will be courageous
I face all obstacles with strength and resilience
I am happy being me
I believe in my own abilities
I am strong and confident
I feel empowered
My inner light shines bright
I always take good care of my body, mind, and soul
I have internal peace and calm
I am grateful for my life
I am grateful for my body
I am grateful to be me



Daily Affirmation: _____

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Daily Affirmation: _____

Daily Affirmation: _____

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