

JOURNAL PROMPTS

- Why do you think self worth is important?
 - Describe yourself like you are describing your best friend.
 - What parts of your life would you like to improve on?
 - What negative beliefs do you hold about yourself?
 - Three things I value about myself are...
 - What is something you want to do or could do to build your self confidence?
 - What would make you more happy?
 - Three things I am grateful for today are...
 - What are your morals and values?
 - I feel amazing about myself when I...
 - I feel crappy about myself when...
 - What is no longer serving me?
 - What emotion do I always gravitate too and feel in my core? Can I figure out where it came from, how long I have had it?
 - What do you want for yourself and your life? What's stopping you?
 - Are you living in alignment with your deepest purpose?
 - Do you forgive yourself for your mistakes?
 - What are your top 3 strengths?
 - I feel peaceful when...
 - Write a love letter to your body thanking it.
 - Write a letter to yourself accepting yourself for who you are.
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