

10 Journal Prompts for Self Confidence

How would you describe the relationship you have with yourself?

What is the number one thing affecting your self confidence?

Where can you expand your knowledge of yourself?

What is something that keeps you from expressing yourself naturally?

In what ways can you accept yourself and embody confidence in those areas?

In what ways do you show yourself love and respect?

How can you be more attentive to your own needs?

What past decisions can you forgive yourself for?

What changes can you make to better yourself

Do you respect yourself?