

I might be a work in progress but everyday, I get a little bit wiser, a little bit better, a little bit stronger

Better than I was, More than I am

A 7 DAY GUIDED SELF-REFLECTION/SELF-ESTEEM JOURNAL
TO ERASE SELF-DOUBT AND CULTIVATE SELF-WORTH,
SELF-COMPASSION, AND CONFIDENCE



J. Min Fitness

You have been criticizing yourself for years, and it hasn't worked. Try approving of yourself and see what happens.

DAY ONE

MY BEST ATTRIBUTE IS

5 UNIQUE THINGS ABOUT ME

I FEEL MOST PROUD OF MYSELF WHEN

*You are not your mistakes;
they are what you did, not who you are*

DAY TWO

MY BIGGEST MISTAKE & WHAT I LEARNED

5 THINGS I CAN DO TO PREVENT IT FROM HAPPENING AGAIN

THINGS I CAN DO TO KEEP A POSITIVE ATTITUDE

*I'm not everyone's cup of tea &
that's okay*

DAY THREE

MY FRIENDS AND FAMILY ADMIRE ME FOR

5 THINGS I CAN DO TO CONTINUE BUILDING THESE STRENGTHS

A TIME IN LIFE WHEN MY FAMILY AND FRIENDS WERE MOST PROUD ME

*You can't calm the storm, so stop trying.
What you can do is calm yourself.
The storm will pass.*

DAY FOUR

MY BEST HABITS THAT KEEPS ME AT PEACE

5 THINGS THAT MADE ME PEACEFUL TODAY

WHAT I ENJOYED THE MOST FROM TODAY WAS

*Do not give your past the power
to define your future*

DAY FIVE

WHAT ARE YOU MOST EXCITED FOR?

5 ACTIONS I CAN TAKE TODAY TO BUILD MY FUTURE

A TIME WHEN I WAS MOST CONSISTENT? 3 WAYS I CAN KEEP CONSISTENT

*A hero is no braver than an ordinary man,
but he is brave five minutes longer*

DAY SIX

ONE THING I WAS BRAVE ENOUGH TO DO/WAS BRAVEST AT

5 THINGS I WILL DO THAT WILL BE OUTSIDE OF MY COMFORT ZONE

HOW DID I FEEL WHEN I WAS BRAVE? HOW CAN I KEEP THAT FEELING?

*Be thankful for all the troubles
you don't have*

DAY SEVEN

MY BIGGEST OBSTACLE I OVERCAME

5 THINGS THAT MAKE MY LIFE AWESOME

THINGS I CAN DO TO FOR MY FAMILY, FRIENDS, COMMUNITY, NEIGHBORHOOD

THE BEST IS YET TO COME

Congratulations!
You just completed
a big step to your
best self